

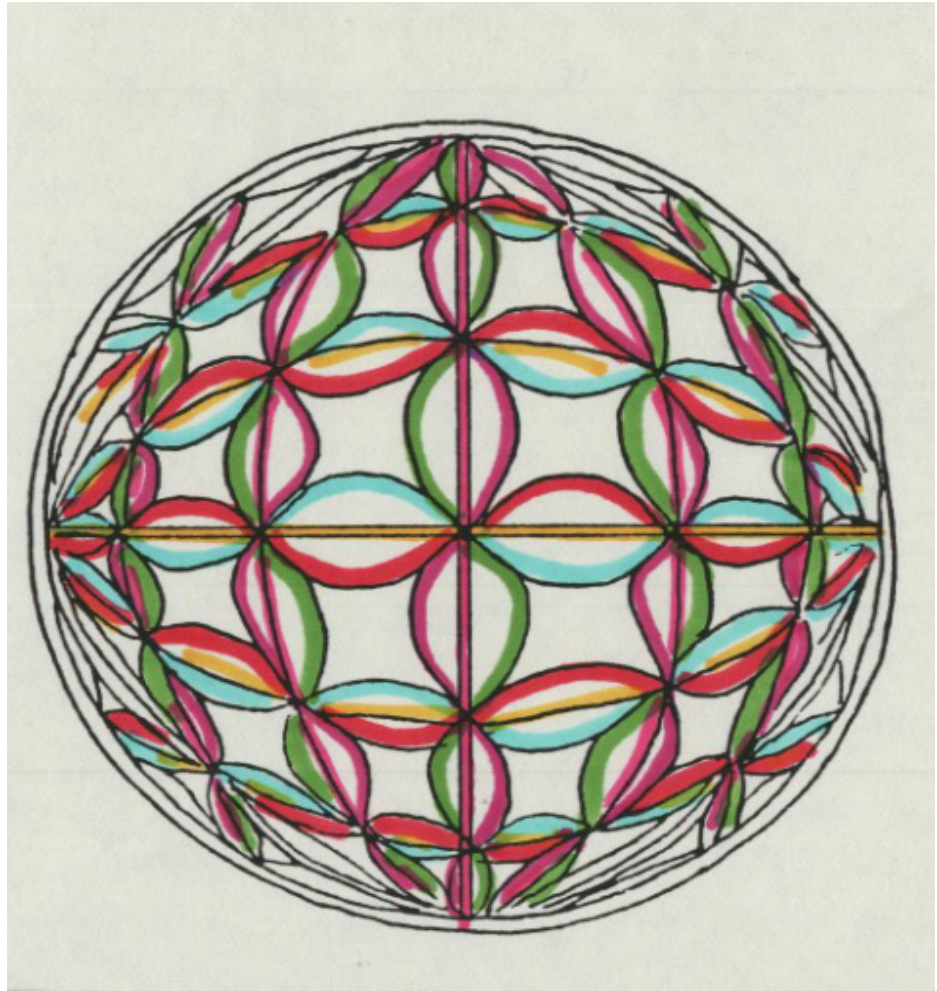
Focus Levels

Seven Resonant Colors Described by Miranon

Assembled and commented

By

Daniel Erickson



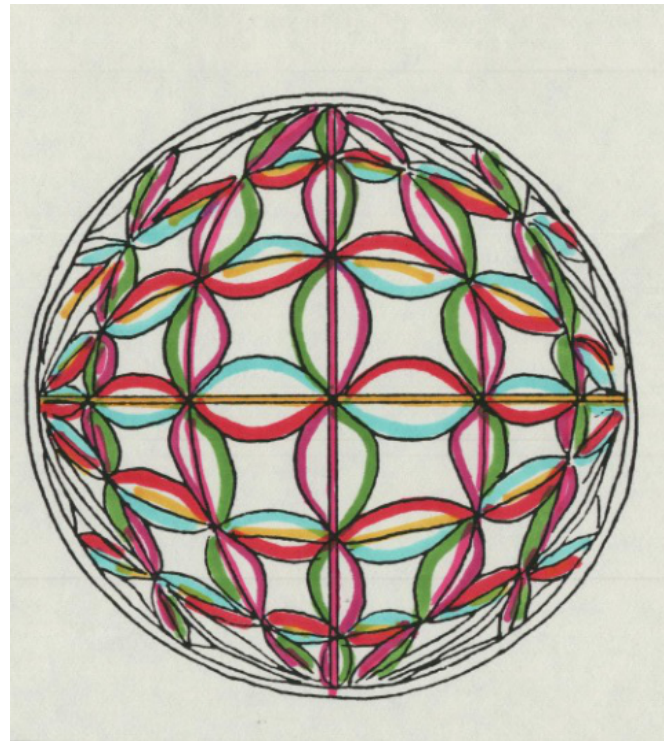
About the cover

Nancy McMoneagle assembled several transcripts from the Miranon sessions into a booklet. I was able to find a pdf version called "Explorer 6.pdf." This document had the transcripts of the Miranon Explorer 6 tapes found in the Monroe archives. Here is the link to that recording if you want to hear those tapes:

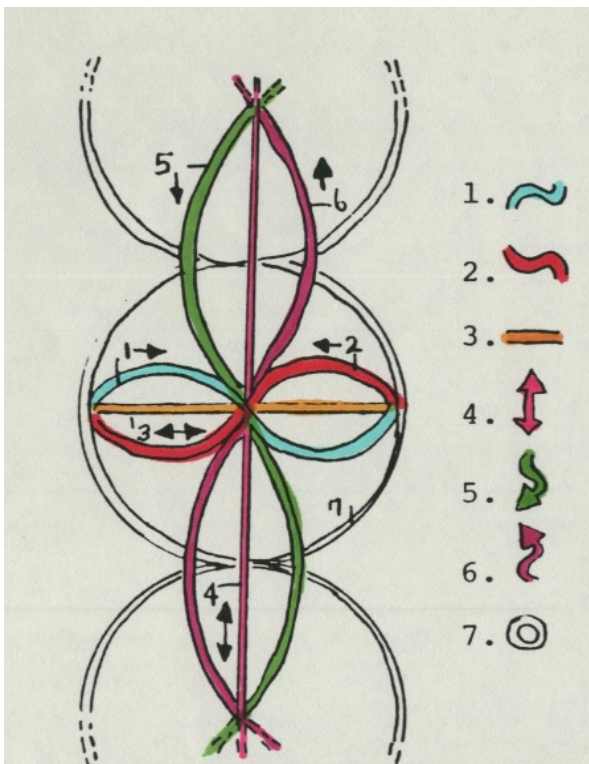
<https://archive.org/details/monroe-institute-explorer-series-1/Explorer+06+-+Miranon+Levels+%26+Planes+of+Existence.mp3>

In addition to the transcripts, the document included several illustrations that help to clarify much of what Miranon was saying. A total view of the geometry of the focus levels as they touch and relate to one another is shown on the right.

I am very grateful for the work so many others have done to preserve this information and share it with the world. Thank you to S. Solomon for her late nights editing this document. My hope is that this document provides a deeper understanding of the focus levels and brings to light the wonderful methodology inherent in the seven resonant colors.



The Seven Resonant Colors drawn by Nancy "Scooter" McMoneagle, Former Director of the Monroe Institute



The meaning of the geometry of the seven resonant colors is shown in detail here. The horizontal numbers are labeled "blue," "red," and "yellow" on the diagram. Rose, the number four, is ascending as well as descending. The fifth number is descending, the sixth is ascending, and the seventh is all-encompassing. This geometry refers to the type of energetic movement found at each color level.

This document will teach you how these colors, which represent different focus levels, can aid in your spiritual healing and growth.

I wish you the best of luck on your journey. I would appreciate hearing from you if you wanted to contact me and share your thoughts or experiences. Contact me by email at danielerickson@yahoo.com

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What are Focus Levels?

During the Gateway course, participants who are listening to Monroe Institute meditations are introduced to focus levels. Level one is the current waking state of the meditator referred to in this document, as the "explorer." After a meditation, the explorer is returned to the same focus level where they started. Focus levels two through nine are not initially given any significance other than a stair step used to wade into a pool of water. The first level at which the explorer enters a different state of consciousness is focus level ten, described by Robert Monroe, Bob, as "mind awake, body asleep."

Focus ten is the explorer's first experience of associating internal imagery with a change in brain frequency induced with the use of Monroe Sound Science. This is the core skill learned in Gateway, which is to be able to change the brain's frequency or mental state while maintaining an awakened mind so you can remember the experience. This skill opens the "gateway" to exploring a subjective and typically ineffable experience. The focus levels allow for a common language to express this meditative experience between explorers.

These are the four pillars upon which Bob Monroe designed his courses: technology, language, methodology, and community. In each of these pillars the focus levels play an important role.

- Monroe Sound Science technology uses "frequency following" to guide the brain. The technology trains the brain by listening to a sound frequency and correlating it with an internal image and a focus level.
- The language used to express the experience uses a focus level as a point of reference for a type of experience associated with a specific frequency. In this way, an explorer can say, "I went to focus ten," and another explorer can instantly know the general conditions of that mental state.
- The methodology Bob developed over time is demonstrated in the many courses the Monroe Institute provides to hone in on specific skills needed to achieve the mental state of higher focus levels. The practical value of the methodology is that it can be taught in a course, and the meaning of the content is left to the explorer. Explorers are empowered and guided to have a personal experience.
- Support staff, physical and virtual campuses, and explorers make up the community. This community aspect of the experience is critical to learning the skill required for a gateway experience. Often, the explorer will find it difficult to recall anything from their meditation. When a trainer or another explorer shares their experience, it can aid the explorer's recall of the meditation's events. The explorer then establishes a waking link to their memory and associates it with a focus level. Explorers are encouraged to write about their adventures, which aids memory retention.

At focus levels fifteen through twenty-one, the explorer is introduced to the resonant colors described by Miranon. Bob, in one meditation, mentions the blue of focus fifteen and proceeds to move through the seven resonant colors, ending at the white of focus twenty-one. The purpose of this document is to assemble the information presented by Miranon and reveal a deeper understanding of the focus levels.

Who is Miranon?

Miranon is the consciousness that provides data about the focus levels and the seven resonant colors to Bob Monroe while he is monitoring Explorer sessions with Shay Ellsworth, also known as Leona. Each explorer was assigned a code that resembled their initials. Leona is known as "SHE" in the Explorer Tapes. SHE is sometimes referred to as "Explorer Six" because she is the sixth tape in the Monroe Archive's "Explorer" series.

Miranon and Leona shared the same consciousness during the Lemurian period in Earth history. A being's psychic abilities were enhanced at that time. As Miranon describes in Session 4, dated 10/15/1975, this capability was abused, resulting in a schism or splintering of the being¹ between Leona and Miranon.

Miranon gives an example of Leona in a previous life demonstrating this talent.

“When she lived with me in Lemuria, she developed very strong talents. She could think of a person, and they would do whatever it was she wanted them to do. Or they would be however she wanted them to be. She used this with a small child. The child was ill, and she willed the child to be well. The child became well.”

Miranon tells us how the splintering with Leona happens.

“As she shared with the child what she had done, then the child used her thoughts to bring great harm upon Leona. At that point a separation occurred between Leona and me [Miranon], because Leona then willed harm upon that child and the child died. She must remember that all thoughts that she has with other people must be for their good. And that I mean only good for her.”

Miranon states the need for a positive affirmation.

“It is important for her to say over and over again that she herself is in perfect health. It is important for the people that she works with that they say they are in perfect health. Because your thoughts are real. But what you say and what you think are real. She says she is ill. She is ill. But she is in perfect health.”

Miranon, an advanced consciousness who has ascended to higher focus levels, only returns to Leona at a rose level because she is a spiritual splinter of his being. To move Miranon forward, all of the lost parts² must be found and reintegrated to form a complete being full of gifts. One of the important functions of resonant colors is the ability to heal and become a complete being.

Leona was not the only explorer who was able to communicate with Miranon. While having an Out of Body Experience (OBE), Bob had numerous direct encounters with Miranon, as did other explorers. The Miranon story is compelling because it provides insight into Bob Monroe's early years and the programs he developed. Miranon had such an impact on the Monroe Institute's development that Bob named a nearby lake "Miranon."

1 The “splintering” will later be referred to as the formation of an ego bubble caused by trauma during the rejection of a life lesson at a blue level.

2 The “lost parts” are the gifts needed to become a complete being capable of sustaining itself through the emitter.

The Seven Resonant Colors Relative to Focus Levels

Initially, we understand the focus levels in terms of the significant changes in states of being. Such as focus level 1 (F1) being waking reality and focus level 10 (F10) being the mind awake and the body asleep. The focus levels between F1 and F10 are just used to facilitate the transition between the two states. The explorer imagines walking into the gentle surf of the ocean. With each step, the water rises to a higher part of the body, starting at the feet and ending at F10, with the head submerged under the water but perfectly able to breathe.

This greater role of the resonant colors are introduced in this transcript of a meditation voiced by Bob.

"Now in Focus 15, reach out and explore. You're free. Reach out and explore. You are free to send out questions and receive answers. You are free to find communication and information you may desire. You are free. I will call you, and you will hear and respond when this free flow period is concluded. Begin now. Now, from focus 15, from focus 15 you're going to move through the colors to the white of focus 21. The white of focus 21, which is a bridge to the energy systems. A bridge that can allow you to experience other realities. Move now to a pattern of blue in focus 15. Beyond the blue. Beyond the blue of 15 to an expanded 15. Do this now, and I will join you there beyond the blue of 15. Now, from beyond the pattern of blue in 15, move to a bright pattern of red in focus 16. Think of and move through the brilliant pattern of red on the other side of focus 16. Do this, and I will join you there beyond the red. Move now to focus 17. To move to 17, all you have to do is think of and move beyond a bright, bright yellow. Move to the bright yellow pattern of focus 17. Do this, and I will join you there. Now you will move on to focus 18. Think of a pattern of rose. Soft pink rose. Move through this pattern of rose to focus 18 on the other side. Move through the rose. Do this, and I will join you in focus 18. You will move now to focus 19. You see a brilliant pattern of green. A brilliant pattern of green. Move through a brilliant pattern of green to focus 19. Move through a brilliant pattern of green to focus 19. Do this, and I will join you there. Now you will move to focus 20. All you have to do is think of a rich pattern of purple and move through it to focus 20. Move through the purple pattern to the other side. Do this, and I will join you there. Now from focus 20, you will move to the other side to the white of focus 21. Focus 21, where you can learn to visit other energy systems, other realities. Focus 21 the bridge. The bridge that allows you to visit and return from a realm beyond physical experience. Perceive a bright, shining pattern of white. A bright pattern of white. The sum of all the colors. Now move into the white of focus 21. Move into the white, the sum of all the colors, to focus 21, and I will join you there. Now in focus 21. Now in focus 21. Observe, explore, perceive, and experience. Remain calm and serene as you experience the freedom of focus 21."

The Miranon material and hints from Bob suggest that there is more to these other focus levels than simple transitions and filler spaces between noticeable changes in states of consciousness. The following paper explains the seven resonant colors and how they are used to form a methodology for learning, healing trauma, and promoting spiritual growth. In general, Miranon describes the seven resonant colors as following this pattern:

Focus Level	Color	What happens at that color
F1, F8, F15, F22, F29, F36, F43	Blue	By becoming aware, you realize you are experiencing an event or information.
F2, F9, F16, F23, F30, F37, F44	Red	Realizing and reflecting on the event. Our interpretation is based on a translation of what we believe happened at the blue level.
F3, F10, F17, F24, F31, F38, F45	Yellow	Balancing, unifying and testing our ideas formed on the red level with the event.
F4, F11, F18, F25, F32, F39, F46	Rose	Getting guidance and healing trauma from the event.
F5, F12, F19, F26, F33, F40, F47	Green	Easily normalizing, grounding, and applying new information or abilities.
F6, F13, F20, F27, F34, F41, F48	Purple	By creatively applying the ability, you can expand into new areas.
F0, F7, F14, F21, F28, F35, F42, F49	White	Transcending into the next level of awareness.

This seven resonant color pattern is used to process any event, and many variations of this process occur concurrently throughout a person's life. Miranon emphasizes how meditation organizes consciousness to reach higher levels of clarity and awareness. This advancement is accomplished through self-awareness and the acquisition of life lessons. This process is experienced during meditation by accessing seven focus levels to process an event. What is normally an automatic cognitive process is slowed and revealed to the explorer so that they are aware of their progress in processing an event. The instructor's role is to walk the explorer through the methodology and teach them the skills they need to level up on their own.

To summarize, the seven resonant colors are used to combine the learning and grieving processes. The explorer can either passively progress through the focus levels or actively seek out the process in order to consciously engage the process and accelerate spiritual growth. The revelation is that the process is a combination of seven focus levels to complete a learning process and enter a new level of awareness, rather than a single focus level.

Below are the detailed descriptions of each resonant color with additional information about the learning and grieving process. This is followed by practical examples and then the detail description of each focus level.

Blue Level

The blue level is awareness; you are aware that you are witnessing an event or receiving information. It is the introduction of a new concept as well as the adjustment period during which you become acquainted with the concept. The white levels of transition move into a soothing area of blue. These blue levels are used to calm and relax the awareness so it can experience the event. It is also used to recover, remember, and experience the transition from the previous level. The event happened, the

information was experienced. By the time you have a realization, it has already happened. You are at the event. It came so fast it was instantaneous. A flash of insight that it happened and you are just becoming aware enough to realize it. You have not decided what to think yet. There is still that pause. You are unsure of what it is. As soon as you try to label it, you move into a red level, so you are still here, faced with a mystery of the pure unknown. You can describe it with color, shape, texture, smell, sound, and even taste. You are a child in awe. This experience is so unique that you have not even thought of fear yet. No, this is not frightening or threatening. You are safe. This is the present moment in the greatest and most wondrous mystery of all. It is you before you decide what is now. It is just being present. This is reality. A blue focus level is physical reality.

The higher octaves of blue levels are layers of reality as they are experienced in less dense forms until they do not relate to any form of physical description. For example, a rock falls. You experience the rock falling at focus levels F1, F8, and F15 because you also exist at these levels. The way you perceive the rock falling is what determines the focus level at which you are experiencing reality. More information will follow about these levels of perception in the description of the white focus levels.

A sign of having made a transition from a white level into a blue level is discovering your train of thought is judging your previous actions. This is the reason you might ruminate before going to sleep. You might think, "How could I have done that?" Rather than seeing this as recrimination and a source of shame or other emotion, embrace this as a sign that you are becoming conscious. An affirmation phrase such as, "I did the best I could with the information and understanding I had at the time." "The best I can hope for is to learn from this and not repeat the same mistake again." The solution to any problem is to find a creative way to respond in love—even to yourself, especially yourself. The purpose of the color patterns is to recognize and learn that this process is happening. Once you are conscious of the pattern, then you can learn to move

through the process with less resistance and less trauma. Life on the physical plane is hard. Would you pay attention if it were easy?



What you perceive as reality is represented by a blue level. We begin and conclude a meditation at focus level one as a means of communicating about our experiences. It's safe to assume that you awaken to a blue level in the morning. The white level of transition flows into a calming level of blue after introducing an idea, a period of adjustment, and being at ease with a new notion. Consider this transition of awakening to your life each morning. You transition from dreaming to this state of wakefulness. In order for the consciousness to experience the event, these blue levels are used to quiet and relax it. At the lowest levels, a blue level represents objective reality; at the upper levels, it is more nebulous and subjective.

Miranon says the following about the blue levels in session 6 SHE 20:44.

"The first level is always a pulsing level; it is the beat of life. Of the impulse of being. It is the flowing quality, as we have talked about earlier. And since entering into any new plane of existence is oftentimes difficult for the consciousness, this color is a very soothing color... And that is what Leona described to you last week of blue. It allows the being, or the consciousness, to make a smooth transition. But this level is also a level that is somewhat difficult for the consciousness. Because on this level, it is new to this plane and it must become secure. It must develop feelings of being comfortable in this new plane. Therefore, it can only flow in the horizontal direction. If you will notice on the diagram that the first three levels are all horizontal levels. They're all levels in which the being is becoming comfortable with this new plane of existence. In which it is learning and establishing the foundation for the other levels within that plane of existence."

When Miranon said, *"The first three levels are all horizontal levels,"* he refers to the blue, the red, and the yellow levels. These three levels are comfortable because they are what you are familiar with and can easily be identified as physical and consensus reality. "Horizontal" refers to the geometry as shown on the *About the Cover* section of this document. Horizontal indicates the types of activities that typically take place on that level in reference to movement with energetic entities. The blue levels are typically where you observe the results of an action. The red and yellow levels are also horizontal because they are your initial response and reaction to the blue level.

Deep relaxation and other states of mind that occur naturally on a blue level are possible, but during meditation you enter these states consciously and can direct the content of the experience. As you gain experience meditating on a blue level, you will realize that if a blue level is waking reality, then higher blue focus levels are another dimension of reality. As a response to an expectation of an alternate reality, it is possible to imagine traveling to new worlds, expecting cloud cities and fantastical buildings and terrain. On one level, it's called imagination. Yes, a new plane of existence can be defined as a strange new world, much like a science fiction novel.

There is a very subtle point here that needs to be clarified when Miranon said, *"new plane of existence, in which it is learning and establishing the foundation for the other levels within that plane of existence."* Thinking practically, a "new plane of existence" is a different perspective on the reality you are currently experiencing. It is a fresh viewpoint that modifies how you communicate with others, perceive difficulties, and react to them. This viewpoint might appear uninteresting compared to fantastic imagined worlds, but keep in mind that there is a practical side to this knowledge.

What do Miranon's "new planes of existence" entail? It is the transition from one thought pattern to another, much like how a child develops into an adult. The blue level represents the establishment of a new mode of perception, laying the groundwork for the rules governing that group of seven resonant colors. The key point here is that at higher blue levels you have control over what that blue level is and how you react to it. The subsequent levels allow you to develop skills for sensing and thriving within that group of seven resonant colors. These skills and abilities can then be transferred to waking reality, allowing you to increase the focus level with which you experience reality. When your internal dialogue changes, then you can expand your awareness in ways that increase rapport. The phrase, "when you change your internal world, the external world changes," this is what Miranon is talking

about when he says, "new plane of existence." Affecting personal change is one purpose of the seven resonant colors. The process of being open to new information and possibilities will become clearer as your awareness of the seven resonant colors grows.

A blue level represents objective reality; at the upper levels, it is more subjective. Therefore, at higher blue focus levels, you may experience it as a black void because you have not developed the virtual senses to perceive it. By returning your attention to that level over many meditative sessions, you will gain experience in accordance with your ability to perceive. This process becomes invaluable as you will need this skill to develop your senses at higher levels. This explains why, as you begin meditating, it is difficult to visualize anything at all. When you explore a focus level, you bring your energy there in the form of attention. Bob mentions the creation of a "second body" and how it has other capabilities than what you have in the physical. It is generated automatically at these focus levels by utilizing the attention available at that level. You can develop skills that aren't possible in the physical body, like flying or passing through walls, if you deliberately focus your concentration. The key to having these capabilities is understanding that what you are is not a physical being limited to the physical dimension.

The more attention you focus on a level, the more real that experience will become. Consider what you mean by paying attention in your waking physical life. You eat, drink, socialize, and interact with things in the environment. You may focus your attention on a single object, such as reading a book or looking at your cell phone. When you engage your attention at a focus level, you are investing energy at that level, and the experiences you have “**there**”³ become more realistic because more of your awareness will exist there. If you want to make a focus level more real attempt to engage in the same activities there as you do in the physical. If you are looking for a specific kind of experience, such as healing, go to a rose level. If you do not know how to heal yourself ask an internal guide to show and help you.

Consider how you develop a personal relationship with someone. You invest in emotional currency.⁴ Just like tending a garden, if you do not pay some attention to this space, it will not produce what you want. A plane of existence is this new way of seeing and interacting with the world. By being aware that this new perspective exists, then you can apply your attention to making that perspective real. You make it real by consciously practicing and responding to the world in a new way. This is what is realized when you enter a blue level, it is this new idea or this event that you experienced that will change you.

A blue level is the moment of awareness and realization. The information was learned, and the incident took place. It has already happened by the time you realize it. Consider when you are shocked or totally surprised. For example, a sneeze. In that moment, on that occasion, you are present. It arrived so quickly that it was immediate. A sudden realization that it happened and you are only now becoming conscious enough to understand it. You haven't yet made up your mind about what to think. That pause is still present. You're not sure exactly how to think about it.

While experiencing a blue level, you are a child in amazement, paused at the moment of a first encounter. This event can be so unique that you haven't even thought about fear yet. The greatest and most amazing enigma currently unfolding is that it is now. You stretch out your awareness to

3 Bob often referred to his existence out of body as his “**I there**”.

4 <https://health4u.msu.edu/articles/2017-conserving-your-emotional-currency>

confidently encounter the moment until your protective ego boundary is triggered, moving you to a red level. This process will happen automatically unless you consciously prevent it from happening.

A blue level is experience before you make a decision. It is you in the open, fully exposed before the protective layer of the ego can put up a barrier. It's simply being here and now experiencing the ambiance. Usually, this instant of pure reality passes so quickly that we are unconscious of what is taking place. As we move through these seven resonant colors, keep in mind that we are slowing down the thought process so you can become aware that it happens. A blue level is where the observer side of your being can intervene and consciously direct any desired response. It is the space where you think before you act. This pause before deciding how to react is where you can subdue an impulsive reaction. In short, use this space to become aware of thoughts and actions you may have previously been unconscious of or thought were impulsive or uncontrollable.

The "observer," in a nutshell, is that part of yourself that has a third-person perspective on experience. Consider yourself walking on a beach. The observer is the person who is watching the scene. During meditation, the observer's attention is what allows for focused awareness. More information about the observer will be provided later.

A blue level is the spirit pulsating to expand and contract, entering or affecting the tangible. Pulsation is a word used by Miranion to describe the blue level. It is the effort of the spirit to push into the physical in a pulse of expansion and retraction. For example, the beating of the heart. This same beating may be the reason ocean waves are used at the beginning of the meditations. It is a soothing, familiar sound that is also restful.

A blue level is the instant before dualities are established. Imagine how much meditation you have to do in order to truly experience the moment. All possibilities for reactions are possible, but as soon as you attempt to identify the moment, decide if it is good or bad, and have a reaction, you enter a red level. This blue level is known as the "base level" in remote viewing. You can describe something using its color, form, texture, sound, smell, and even taste. However, the moment you label the event, you have moved to a red level.

A blue level is awareness, which is defined as the understanding that each moment is unique and will never be repeated. It occurs to me how uncommon these blue flashes of clarity are. We understand that each moment is unique because an accident is tragic. If the person we love most excites us in some way, these moments can define our entire lives. This, however, is our interpretation of the event, which, as we will see shortly, is classified as a red level. So all this time, I think I am experiencing reality, but what I am really experiencing is my interpretation of reality. A blue level represents the outside world as we can perceive it with our limited senses. A single event occurs, but when we witness it, we give it meaning. Now we turn to the inside, which is our interpretation of the outside world. A reflection and a red level represent this.

Red Level

The red level is an internal realization that is based on reflecting on the possibilities and exploring new capabilities presented by the blue level event. This is the realization of self-awareness in the current situation. The red level represents self-separation from others. The lower red levels represent automatic

behavior, the ego, and personality. It is comprised of the internal dialogue, the physical body, and the analytical and feeling minds. The red level represents who you think you are in relation to the physical world.

What Miranon said:

“The second level is simply a mirror image of the first level. It is the reverse, and the two are very complementary. Because security has been established, it can have a color of greater intensity, a color with a higher vibrational rate. And that color is red... When a being is on this level, he is developing an awareness of all the realities of that plane. In your plane of existence, it would be a total awareness of the senses, a total immersion into the outside reality brought in by the senses. And because it is still directed to an understanding, a learning about this plane of reality, it is still on a horizontal level. Another point that there is so much to tell you, another point about these levels is that all of these colors radiate. They are not simply the line as such, but like the auras around every living thing. They radiate and form arc-like patterns around the waveform. So it is possible to have points on any level where you are in contact with any level. And they are all united. If you will notice, there is nothing separate or distinct at any point on any of these levels. They all touch the other levels.”

The following is my analysis of the Miranon statement about the red level.

“... a mirror image of the first level ... the reverse, and the two are very complementary.”

Imagine the first time you looked in the mirror and could see who you are as someone from the outside might see you. The reflection is your projection of the reality or learning you experienced in the previous blue level. This level is your understanding and interpretation of reality.

There is a subtle and most important point to make here. There are only two things in the universe. There is you and the other. In your current understanding, you are the red level, the blue level is the other.

You can accept or reject the information you saw in the blue level in this red level. During a particularly perplexing moment, you can cycle back to the blue level and then back to the red level until you reach a decision based on your senses. You will decide whether this is a positive or negative event. You give the event a label and a name. When you speak or write about the event, this procedure becomes formalized.

An issue can arise when the event is perceived as traumatic or causes a major paradigm shift. The issue is that the only choice is to accept the event or to deny that you witnessed it at all. There are filters in place to forget events that are too threatening to the stability of the psyche. This can be seen in a loss of consciousness, an inability to remember, or just becoming bored and losing interest. Not accepting means you remain at this level of consciousness until the lesson is learned. The same situation will reoccur until you can respond in a way that promotes spiritual growth. When you refuse to accept the lesson, you create a false self or ego story that keeps you from experiencing the truth or reality that exists on the blue level. It can also lead to impulsive behaviors and actions that you are completely unaware of. This is the stage at which an event's or piece of information's ego story is formed. The

lesson is to interpret the truth correctly. Nobody can accurately interpret the truth. At the yellow level, the best we can hope for is to recognize and interpret the truth as accurately as possible through testing and reconciliation.

This is also where you decide whether the experience is unique or novel. We frequently dismiss an experience as boring, saying, "Been there, done that." You must now decide whether the experience was positive or negative. You bring duality into your life. You decide whether the experience is traumatic, beneficial, or life-changing. In this space, the choice has always been yours. Because the blue level is the outside world, you may not have had a say in what happened. But, regardless of what has happened in your life, how you react is entirely up to you. It may take some time to realize that you have control over your thoughts and how you interpret reality, but you have your entire life to figure out how these focus levels work.

The red level is where you create your concept of who you are and what you look like. This reflection of reality is your created projection that you use for the next sequence of focus levels. This projection is what you think you look like and what you think your capabilities are. It is not something you usually do intentionally. It is usually an automatic process, but if you are aware, you can intervene in the process with your "observer self" and intentionally create your version of reality. You project this version out to the world and gain feedback in the form of acceptance or rejection. This testing and balancing occurs at the yellow level.

When someone does something we don't agree with, it hurts us. We'll remember what they did the next time we see them. We don't see them when we meet them a week later. We see our recollection of what they did. We remember them and see the image of them that we formed internally as a result of the situation that hurt us. They probably have no idea they are harming us. Most people are so preoccupied with themselves that they fail to consider others. They may be unaware that they have harmed us, or they may have completely forgotten. We're holding on to it. We are the ones who are incapable of forgiving. Without processing and forgiveness, focusing on the pain and trauma becomes a roadblock. It is a block because we begin to create our identity, our ego story, based on how we are wronged. These negative thoughts are now the focus of our attention rather than learning and progressing on to higher levels of understanding.

We can learn by observing the reaction of another person. Maybe there is something you don't understand. You don't realize there's a better way to handle a situation one minute and then in the next minute you understand. So, what you didn't know didn't exist for you until that flash of insight. It's the same with one's inner self. We have the ability to transform ourselves. We have traumatic experiences that change us, but we can change our thoughts consciously following the patterns of thought in the seven resonant colors.

Here is an example of how our internal perception guides our view of reality. Read the following coded statement.

“1n or3dr to 5ee th15 u h4v3 to ch4ng3 5om3 l33t3rs.”

How is it you're able to read something that has so many errors? You are not reading the words. The words are already in your head. When we read, we think we're taking what's on the page and we're

putting it in our head. But we have this automatic internal process of making the world have meaning. The challenge for innovation is to create new thoughts, a new perspective. Our current understanding of the world informs our perception of it, and changing this learned perception, which is the red level, requires something traumatic or blissful to challenge our paradigm. This is how we can find meaning in seemingly meaningless and tragic events. Allow yourself to let go of your egoic story and the desire to be angry or retaliate. To gain a better understanding, answer the following question: "How can I remain objective in order to learn from the event?"

The Illustrated difference in Red and Blue Levels

This quote from Tulku Urgyen Rinpoche ~ Non-Duality ~ Dzogchen Chapter 4 describes the blue and the red levels in terms of Buddha nature, essence (blue) and expression (red). The blue level is the true source of reality that is fulfilling. The other being the red level is empty in the pursuit of illusion once you have it. Therefore the pursuit of ego driven illusion is empty. The goal of the seven resonant color methodology is to close this gap. To dissolve the separation between reality and illusion and cause perfect union with divine reality.

"We have one mind, but we need to distinguish between its two aspects, essence and expression, to understand this analogy for the relationship between the two. The essence is like the sun shining in the sky, and the expression is like its reflection upon the surface of water. The sun in the sky is the real sun. The reflection of the sun appearing on the surface of water looks like the sun but is not the real sun. Let's call the sun in the sky, the Buddha nature, the unmistakable undiluted quality. The essence itself, the reflection of the sun upon the surface of the water, is an analogy for our normal, deluded thinking. The expression is that without the sun in the sky, it is impossible for a reflection of the sun to appear. Although there is actually only one sun, it looks like there are two. That is what "one identity with two aspects" means. The essence, the Buddha nature, is like the sun shining in the sky; the expression is our thinking."

The blue, red, and yellow levels are called "horizontal" by Miranon because the kinds of activities that take place on these levels are restricted in the direction information and experience appear to flow. If you think of an ant crawling on a basketball, the horizon may appear horizontal to the ant and the ball may seem like an infinite space to move upon, but at some point it is possible to realize it is round and finite. It is the "change in perspective" (the white level) that is demonstrated in the methodology represented by the seven resonant colors.

To summarize the first two levels, the blue level is the objective physical world as we experience it in waking reality. Higher blue levels are less dense realities, such as ideas, time, space, and dreams. The red levels are our internal understanding of what we experienced in the blue levels. It is represented as a reflection of the blue level. In higher red levels, there is less separation between the red and blue levels. The third level is the yellow level, which represents the reconciling relationship between the red and blue levels.

Yellow Level

The yellow level is a balancing level where what was presented as reality in the blue level is reconciled with what you created as an opinion or projection in the red level. By unifying and testing what you have learned, you gain a better understanding of the event, which leads to a normalization and neutralization of your emotional response to it. It is used to balance the blue and red levels and create understanding before moving on to the higher white levels. In this yellow level, you have to reconcile the difference between what you created as an internal point of view with what reality is showing you. Having found balance and harmony between these two levels you are ready to receive more and deeper learning. You are in a state now to get more and new information through challenges and healing.

The trauma caused by learning the lesson is discovered as part of the yellow process. The yellow level's function is to alert you that trauma or bliss has occurred and is causing imbalance. If you are unable to resolve this imbalance on your own, assistance is available at the rose level for those who are willing to accept it. Unresolved trauma causes unconsciousness and the re-emergence of previously abandoned issues in unexpected and impulsive ways. These are the unconscious motivations and triggers that cause you to ask yourself, "Why did I do that?" As you progress through the white levels, the unconscious becomes known to your conscious awareness in the yellow level. You work through these issues and develop the ability to be open and honest. You learn who and what you are so you can set and achieve goals. When you achieve success, you can be happy. Most importantly, you can discover a source of love within yourself in order to forgive yourself and others.

Balancing Reality and Fantasy (Yellow Level)

At one extreme, becoming completely absorbed in the "red" level is equivalent to creating a fantasy world and becoming ego-centered. What is happening in the physical world must be reconciled with your version of reality.

Our sources of event information are frequently tainted by our filters and the intentions of others. This creates a schism between what your intuition says and what external sources reveal. This reconciliation occurs on the yellow level. While it is impossible to fully comprehend an event, there are levels of awareness that can help you distinguish between noise and signal, as described in Remote Viewing (RV) techniques.

Here is what Miranon said concerning the yellow level.

"The third level transverses or goes through the middle of the first two levels and can reach out a little more directly into other spheres, other forms of life on the same plane. This level has a different intensity to it. On this level, there is more of a development of inner awareness. It is still a horizontal level, but the color for this level is yellow, and it does not have the heaviness of the second level. There is an expanding of the consciousness, an increasing awareness of that plane of existence, it would be a development of the mind, an expansion of the mind. There comes a need for more power. In this way, power can be gained over other forms of existence on that plane, but primarily only on that plane. Again, this level is a horizontal level, it does not ascend or descend."

Rose Level

The rose level, corresponds to the heart center. Initially, this is where you receive and accept help in whatever form it may take. In the yellow level, you realized you needed guidance and assistance to understand and heal. To get the help you need, you must first be willing to accept it.

The rose level makes space and allows you to be "open." Being clairvoyant at this level entails cultivating and employing empathy. This level is associated with accepting love, forgiving others, and healing from trauma. A skilled user at this level can direct the flow of loving energy to assist and heal others. You learn to respond to all situations with love at this level.

The rose level is a vertical plane that allows for contact with energy to descend or ascend. To integrate new information into the being, healing is done through love. This is known as the metamorphosis level. It enables guides to aid in healing and conflict resolution by learning new skills. This and the green levels are where negative and positive experiences are unified and neutralized, allowing them to be accepted in their entirety. Trauma is recognized and addressed. This level has access to both higher and lower focus levels. If the information received on the blue level was misunderstood or caused conflict with other parts of the self, it is resolved with the assistance of loving teachers and guides.

When a lesson is rejected, the trauma may be so deep that it forms an ego bubble for protection. The explorer may reject the guidance and love presented at the rose level, resulting in not being able to learn. The lesson will be presented in increasingly challenging ways to push through the ego bubble. The explorer stays at this level until the lesson is learned, even through illness and disease. This lesson is either accepted or the explorer dies of old age or disease while attempting to resolve the conflict. This is where finding and resolving past trauma, resolving internal conflict, learning to forgive, resolving opposites, and making more wise choices are learned. Healing and learning begin with a lesson in humbling the ego through love, gratitude, mercy, and forgiveness.

“Eventually I saw that the seeds of a greater journey are waiting in everything and I understood that, when the time is right—when we are finally willing to meet “what is” and stop insisting on our own version of life, which the separate self cannot help but do, real change and transformation become possible.”⁵

When the heart softens, the ego boundary dissolves. The universal love energy is represented by the rose level. It is different as the focus levels increase, but all are generally about healing and learning. This is how healing takes place. It is also how abilities grow and transformation occurs. If you are not open to receiving information, you cannot learn. You can access the rose level instantly by saying "thank you."

Green Level

The green level is making the lesson learned normal and a part of everyday life. The explorer uses the new information or ability with ease. A phrase like, “We do that all the time” is a good example. New awareness is expanded and abilities are explored through work, adventure, exploration, and experience. This is a demonstration level where you have learned a skill to the point of being able to creatively

⁵ Paula D’Arcy, “A Surrender to Love,” *Oneing* 5, no. 1, Transformation (Spring 2017): 93–94. Available in [print](#) and [PDF download](#).

apply it. Problems are easily solved, and there is a high degree of confidence in applying the ability. The explorer may teach or write about the subject to pass along the skill to others. Green is healing like the rose level, and it is associated with the purple level in mastering abilities. The green level is very exciting because it is all about thriving, having and displaying talents and abilities that help to make the world a better place. Many self-help and get-rich-quick books concentrate on this level. Personal development skills such as wisdom, courage, power, and blessings can lead to prosperity. It is entirely up to you how you apply your abilities.

Let's go over some of the benefits of each level's compensation in terms of ability. It will serve as a summary of the previously stated resonant color levels.

The blue level represents reality as it currently exists. When you can see reality for what it is, you can distinguish and recognize the truth. This is referred to as wisdom.

The red level is the interpretation of reality. When you can observe yourself and others' interpretations of reality, you can discern intention. With wisdom and knowing intention, you can face life's situations without fear, but it also involves facing them despite fear. A person may not be fearless, yet they tackle a risky, unpleasant, or terrifying circumstance because they are confident in their intentions. This is referred to as courage.

The yellow level strikes a balance between reality and interpretation. This is where project management comes in, because it is all about matching intent with what can be done and how to achieve it. This is the ability to behave wisely and courageously in order to accomplish anything. This is referred to as power.

The rose level promotes healing with counseling and training. When we have endured trauma and recovered, we now know the way out of that situation. The best counselors are those with experience. When one has found the path, then that path is available to all. They can take the lead by showing that hope is available. This is the greatest miracle of all: that hope and love exist so we can transcend our fears. To appreciate and bless others is a sure sign of being on the rose level.

An element of the rewards associated with the green level may be monetary. You may be of service to others because you have developed a skill and obtained an ability. You can share your talent in a variety of ways and be compensated for it. Making sound decisions that cause others to thrive is always welcomed in business. Mastery of a green level is creatively finding ways to solve problems where everyone profits, including the planet. Journaling and publishing a book can be both therapeutic and educational ways to share your spiritual journey. These stories are always captivating because they combine life's drama with the unveiling of a mystery or a miracle. As a manifestation of your gift, you may become artistic by writing poetry, dancing, or singing. Think of the green level as what makes you whole, satisfied, and fulfilled.

Bob's green level in his recorded meditation is F12. What is the green level's practical application? When you feel overwhelmed, bewildered, and out of control, go to a green level, ground, and feel normal. It is the recognition that this skill exists and is not new; it is already a part of who you are. The distinction is that you are aware and can access this skill with conscious will. In Monroe's materials and classes, you may learn more about the H+ approach and how to use a Personal

Identification Code (PIC) code. These strategies provide keywords that allow you to rapidly access particular levels and aid you in your meditation and daily life. "Okay" is the keyword for the green level. The affirmation is "I am okay."

A part of that balance might be you doing public service, forgiving others, and being of service to others. It can be donating your time and your skills with no expectation of being compensated in any way. It can be doing something simply because you enjoy seeing others thrive. This is a place of bounty and gratitude from which it is easy to share from your wealth.

An intriguing realization occurs on the green levels. It is common to dismiss it as a level. "I knew that all the time," for example. "I learned nothing new that I didn't already know." "This is self-evident!" "Oh that is what that word means." When you recognize this realization you are in the green level. It is the recognition that you have this skill and that it is in your nature. It is not something new; it is already a part of who you are. The difference now is that you are aware and can use this skill consciously.

It is possible to be at the green level and be satisfied, thinking "this is all there is." The composition of most of working life is at the green level. That is, until something remarkable occurs to break you out of your illusion.

How we Process Information

The green level represents "acceptance." It is the end result of a mechanism we employ to process events automatically. The seven resonant colors method of moving through levels of awareness fits well with the five stages of grieving described by psychiatrist Elisabeth Kübler-Ross. She stated that after the death of a loved one, we go through five distinct stages: denial, anger, bargaining, sadness, and finally acceptance.

While this is most visible when life-changing events occur, it takes place regardless of the magnitude of the event or information. It applies to life stages as well as minor events such as receiving the food you ordered at a restaurant. The vast majority of events will be reviewed and accepted in a matter of seconds. Other incidents with which you strongly disagree could take years to resolve. The seven resonant colors exist to provide an awakened mechanism for moving through these stages, arriving at acceptance, and then moving on to something even better.

What Miranon said about the Green Level

Miranon Session 6 SHE 30:21

"The fifth level is very interesting, this fifth and sixth levels are closely tied together. There are very few consciousnesses that are on the fifth or sixth level. For example, when I transcend the 46 level, I will be in level 47 and 48. I will not be just in 47. They are very complementary levels. The color for the fifth level is primarily green. It is what you call your healing light. And it works very closely with the rose light in level four. The two again are interrelated. But in the fifth level, there is a tranquility, a sense of inner peace that comes from the development of this awareness of the love consciousness. It is primarily a descending level where you become more acutely aware of the realities of the levels

beneath you... It is primarily a level that gives you an understanding, like the rain. The rain would be on the fifth level. As it falls, it understands it has an awareness of the reality that it is entering. It is a different reality from the reality of which it has been a part."

In this statement from Miranon, an important point is made, and that is that the focus levels blend together. For the purpose of describing these activities, they are assigned a number so we have a common reference. The link is also made here that the colors are octaves. The 4th level is like the 46th level, a rose healing level.

Think about the scenario of a broken arm. You enlist the aid of a doctor. When you receive treatment, "healing begins." On a rose level, I am seen, known, and loved. Healing continues after returning home. However, you are reminded of the wound because you must work while wearing a cast on your arm. You imagine a day when you will be completely recovered. On the green level, I'm okay. Then comes the realization that you are completely healed. This is a different reality than the one you're in right now, without the cast on your arm.

Do you see how reality changes as you move through the color levels?

Okay, I see that the levels are phases that I go through when I process a situation. So what?

When you are aware that something is happening, then you have a choice about what to do rather than responding impulsively. In other words, "you become conscious." It is the same skill as becoming lucid within a dream. You change the level of conscious awareness within the dream. Now you are changing the level of awareness in your life. This change in awareness is represented by moving through a white level. More on that after we discuss the purple level.

This concept of higher orders of consciousness reaching into lower states (our state) in order to heal and complete itself is shown in the following from Bob's book "Ultimate Journey" p. 205.

Bob: Miranon! Are you still on your forty-ninth level?

Miranon: I am, but I am ready to move. You come at the right moment.

Bob: I was not intentionally trying to find you.

Miranon: I perceive what you are doing. You have learned much.

Bob: Yes, I have. And I understand now your purpose in returning. The task of gathering in your parts, as you called them, is not easy, is it?

Miranon: That is true. As with you, others are performing that function, other parts of me. Now you too are searching.

Bob: But I do not know what I am searching for. Is what I seek the same as your goal? We are gathering together the parts of us, up and down in time, from belief system to belief

system. I cannot—we cannot—leave until we gather all in.

Miranon: *That is so.*

Bob: *Then, my friend, what do we do when we have completed our task? That is what keeps me moving onward to higher levels. I think I see the end, but then I see greater vistas beyond. Perhaps we should search together.*

Miranon: *No, my friend. We move at different rates. I cannot change, nor can you. And I perceive you have found the way and I have yet to find mine.*

Bob: *I don't understand. Found the way?*

Miranon: *The way to obtain your answer.*

When we complete the mission, the contracts we enter into are satisfied. The rest of the time is spent playing. We are free to act as we like and to ignore limitations. We go on to the mastery levels, which are the purple levels.

In this white bubble of a seven-level life system, training is over, healing is over, work is over, your attachments are lessened, and you experience freedom to explore using your abilities. You will have met your higher self and discovered that self is you. You are now the higher self.

From your perspective, you do not feel like a master or a higher self since you are aware that learning never stops and can look beyond the horizon to the limitless possibility for progress. Nothing has changed for you. You are aware of your eternal nature. It was always there.

When you do something now, it is because you want to. You are not compelled or tempted to do so. You understand the drama of ego-driven actions. Anger, violence, and injustice are not entertaining for you. While you can sit and listen to someone else, if they say something offensive to you, you understand that there is nothing within you to be offended. Therefore, they are venting; their anger is about their needs. Wait for that to be exposed, then respond to it with love. This is the peace, joy, and confidence found on the purple level.

Purple Level

The purple level is all about branching out into new areas by creatively applying new knowledge or abilities. You become aware of higher focus levels when you reach the purple level. It's as if you can see new opportunities and how to access them. You see, developing this ability means realizing that new opportunities exist that you had never thought were possible.

You notice the harmony between things that on the surface appear to be utterly dissimilar. Patterns and methodology become revealed to provide a deeper understanding. You identify the impediments to growth and, if necessary, resolve them with assistance. Regrets are resolved because you can evaluate your life from a different perspective. Challenges are welcome opportunities for more discovery to

learn and develop a new skill.

You might have experienced brief moments of unified consciousness, in which every moment of your existence had a reason and significance, which led you to this moment so you could understand this knowledge. Forgiving oneself and others becomes simple and necessary. Everything else that is beyond your ability to forgive is resolved by a higher being's loving mercy. This love dissolves all barriers, allowing advancement to the next level of comprehension. Everything is clear and simple; all you have to do is breathe and let your life unfold naturally. It's like drinking liquid luck and having a great day. You have now bridged the gap and are aware of additional skills and abilities that can be explored.

“Yet the force of love that sustains life is not a concept, and there are not a set of holy conditions to attain. As I opened my heart, love moved through the pain and slowly changed my sight. Things that once seemed fixed and defining were unmasked.”⁶

Miranon Session 6 SHE 30:21

"The sixth level is primarily an ascending reality. It allows you to have greater understanding of the levels yet to be attained. And in this reality, you can transcend the plane upon which you are currently existing. (Bob) You are in this ... plane. Yes, you are in the fifth and sixth plane, but you are working primarily from the sixth plane. You have an awareness of the fifth plane also.... The color for this sixth plane is purple, but it is a different kind of purple."

Being in the purple level is referred to as being in the "flow." You are capable and knowledgeable. It's not a skill you can learn; it's who you are. Your being's energy radiates at the purple level.

There is an interesting energy that happens when people focus their thoughts on the same idea. Connections are made but it is not just on the physical level. Words do not need to be said. It is a way of knowing. What we share as physical changes is verification of changing a focus level. This is spoken about in the following text from Explorer series 13, Miranon, Human existence Levels are bubbles. F20 is the purple level and a transition is being made to F21.

SHE 20:24

You're welcome. How are you today?

Bob Monroe 20:27

I'm much better than earlier. I had discomfort earlier that lasted for a short period which I could not understand. I was going to ask you if you did?

SHE 20:40

It is the discomfort that I sense is also coming for Leona. And I needed to be sure that she was comfortable before I came. When we are changing levels, there are changes that must occur not only in the etheric body, but on the physical body. And these changes bring about much difficulty for the physical body that is undergoing it and for the mind that has to

⁶ Paula D'Arcy, "A Surrender to Love," *Oneing* 5, no. 1, Transformation (Spring 2017): 93–94.

experience it. There is almost a sense of death, because there is a part that has to die. But there is also with it, a sense of new growth coming. And it is a form of energy that must be incorporated into the lifestyle of each person. It brings with it potentials for much growth very quickly. But it also brings with it responsibility for certain changes in order to become comfortable with it. As I said to you earlier, you are essentially in two levels at the same time. And you are now beginning to make the transfer to the higher level and to the level 20 and the level 21 rather than then in the crossover of those two levels.

F20 is purple and F21 is white. Consider the transformation that happens when a loved one passes away. It's possible that you endured their illness for a very long time. You made a lot of changes to support and take care of them. Change has occurred since they have left. Even though you may feel "okay" and have finished the mourning process, this transition will have unexpected effects on your life. You are ready for something new. The peace that comes with knowing you are okay and realizing there are new options accessible for your life comes from being at the purple level.

Think about how psychic talents develop. You might start to see that, when intuition and ESP are combined, you have access to knowledge that most people would dismiss as nonexistent. You might hone your skill and learn that remote viewing is possible. You become aware of the outside forces that affect you, such as hypnotic suggestions in the media. Realizing that these external influences are taxing your attention you discover that you have control by healing yourself. You discover how you are being triggered and take responsibility for your life.

At higher levels of purple, you become the ability. You do not have to meditate because you understand you are always meditating. You have access to all of those states of consciousness by simply thinking a word. You do not have to channel the information; it just comes to you and you are aware enough to recognize the information and appreciate the source of that information. At a point, you no longer need an object to form a thought around. At that point, you can transcend the last vestiges of created reality.

White Level

The white level represents a transition to the next higher level of learning, teaching, or creation. At this level, you enter a new understanding and raise your level of conscious awareness. This frequently necessitates adopting a new perspective and way of thinking about what were once thought to be unquestionable truths about reality. Each transition level introduces a new reality with higher degrees of energy organization and lower material matter density.

The geometry of the white level is a circle. This level is represented by a full circle because it is on the outskirts of groups of the other focus levels. Light pulses emitted from this level can be used to reach all other color levels. It has an obvious membrane that must be pushed through to get from here to there. These changes may be quick and simple, or they may be difficult and time-consuming. These changes can be physiological, such as birth or death, or developmental, such as learning to walk or noticing patterns in your environment. A white level is represented by a variety of symbols, including doors, windows, fog, storms, guardians, and many others. Miranon said the following about the white level.

Miranon Session 6 SHE 34:14

"The seventh plane is the full circle at which you understand and have a complete awareness of all that is in your plane of reality. A complete and total understanding not only of yourself but of all the levels that you touch. If you will notice, the seventh level touches or crosses every other level of existence. It has a harmonizing influence. It is the level that unites everything within the level, and it also has the ability to cross into other levels since the light is pulsing since the light radiates, it touches all the levels. The levels above it again space is not right, but the levels above it below it on top of it and behind it for lack of better analogies. The color for this level is white. There is no color, or there is all color. It is the highest level you can attain and still stay in the plane of reality upon which you exist. That is the basic understanding I have of these levels. If you have any specific questions, I will try to answer them."

Bob Monroe 36:04 *"In these particular levels now, these seven levels apply to physical existence here, as I understand and there, these as have been described, are in the whole scheme of levels, would be level 15 through 21. Is that correct?"*

SHE 36:25 *"This applies to all levels of existence, physical [and] non-physical. It does not matter."*

Fog is a good analogy for this first white boundary layer. You are aware that you have entered and when you left, but it is easy to move through. It could be described as the feeling of realizing that you are moving past the point of getting an illness and moving into health. You have to let go of the illness, take it off like it was an old shirt.

Being aware of the existence of a focus level and occupying that focus level long enough to establish a presence constitutes mastery of that focus level. Furthermore, the explorer has mastered the level when they can move between levels simply by shifting their attention to a focus level, using the elevator, or a PIC.

A spiritually multidimensional being can detect the presence of a consciousness that is distinct from but similar to their own. They can empathize at their own level of perception and build a rapport that facilitates information transfer. They are aware of higher levels of perception and awareness that have yet to be explored.

This is why explorers seek out new challenges and opportunities to learn more. Changes in perspective, cognitive awareness, and the ability to change the environment are all examples of white levels. Consider these changes in perspective:

- the perspective of the atom and materials
- the perspective of the cell
- the perspective of the plant
- the perspective of the land animal, flight
- the perspective of the human
- the perspective of the observer or the spirit
- the perspective of a higher intelligence gazing at us. The bar of sentience is moved.

- the perspective of a higher dimensional being that moves through no-time-space. We would look like statues or insects or microbes to them.

We may be aware of other dimensions, and size is one of them. An example I use is, how aware are we of our own body? It is your body. Are you not a consciousness put in charge of the care of the collections of trillions of living beings that make up your body? Do you talk to a cell in your body? Do those cells talk to you? Literally, these cells and atoms are you, and how connected do you feel to them? It is evolution; you are now reaching out and up to higher dimensions in search of contact and the ability to evolve to higher orders of consciousness. But consider the indifference you show to your own body, let alone the bodies of others or lower life forms. Why would a higher life form not show the same indifference? The answer is because higher forms of consciousness are more unified and exist in a state of unconditional love. There is a lot of evidence that higher forms of consciousness seek contact with "us" because we are them in a lower state. This is exactly what Miranon is doing, reaching out to Leona. In order for Miranon to evolve, Leona has to evolve. We are a splinter of the consciousness that reaches out to explore and experience this reality, this physicality.

An interesting product of this type of pushing into new levels of perception is like reading the best stories, the ones that make you re-evaluate everything you've been taught and make you question every truth you've come to believe. These changes in perception change your understanding of how you identify yourself. A change in perception makes you re-evaluate all your past actions in light of this new understanding.

There is an experiment where red makeup is placed on the nose of a child. They are then shown their reflection in a mirror. As they develop from a small baby to a toddler, at some point the child becomes self-aware of the reflection⁷ and is embarrassed. These changes in perception represented by the white levels of transition are the triggers for these moments of embarrassment. Look for them and anticipate them as you journey forward. For this is a sure sign that you are transcending to a higher level of understanding.

As described in the blue level, a symptom of having made a transition from a white level into a blue level is to discover your train of thought is judging your previous actions. You might think, "How could I have done that?" Rather than seeing this as recrimination and a source of shame or other emotion, embrace it as a sign that you are becoming conscious. An affirmation phrase such as "I did the best I could with the information and understanding I had at the time." "The best I can hope for is to learn from this and not repeat the same mistake again." "Thank you for showing me this memory." The solution to any problem is to find a creative way to respond in love, even to yourself. That includes not only others but also yourself. The purpose of the color patterns is to recognize and learn that this process is happening. Once you are conscious of the pattern, you can learn to move through the process with less resistance.

The seven resonant color method's main goal may be to help you realize that all you need to do is

⁷ The Five Stages of Self-Awareness Explain What Babies See in the Mirror by **Joshua A. Krisch**

That's a mirror (Level 1), there's a person in it (Level 2), that person is me (Level 3), that person is going to be me forever (Level 4), and everyone else can see it (Level 5). <https://www.fatherly.com/health-science/children-five-stages-self-awareness-mirror-tests>

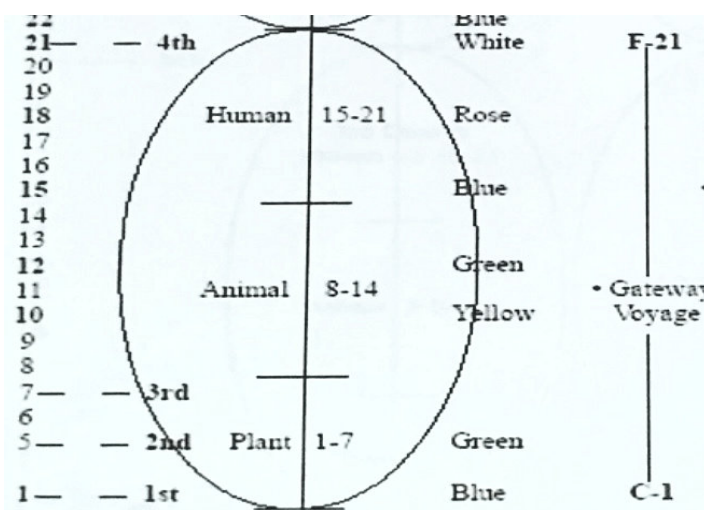
breathe and let your life unfold naturally. This opposition to life's lessons that lead to trauma causes the need for balance and healing. Things go wrong and things go right, but the lesson is not to be identified by those events. If you can maintain your equilibrium, learning these lessons becomes second nature, and you will progress faster through the white levels. To be clear, this is in relation to spiritually processing your life's events. It is about letting go of the thoughts, objects, and beliefs that we use to define ourselves. We will naturally rise to the focus level of our resistance, and the seven resonant color method explains how to overcome that resistance.

We will eventually overcome our resistance, and the seven resonant colors are in place to help us heal and overcome that barrier to spiritual growth. The only way to heal is through love. What a wonderful gift it is to be able to provide a way out of despair and pain. Some Near Death Experience (NDE) survivors say that if we learn anything in this life, it is to increase our capacity to forgive and love. In many ways, the path to higher consciousness is described in the same way: let go of the ego identity and respond to everything with love. Now that you are aware that there are different ways to approach a challenge, you should have a number of options for responding to what you find challenging.

Translating Physical to Spiritual

The first seven focus levels are primary physical levels associated with elements and plants. Therefore we can relate to and experience them the easiest through the use of our physical body. The suggestion is to meditate while awake and be aware of the focus level you are intentionally experiencing. Touch the plants, feel the grass or sand on your feet, smell the air, taste the water or the fruit. Immerse your body in the ocean and have the actual experience. Use this experience for your meditation.

These first seven levels are grouped together and called the plant level. There is some insight about how to experience consciousness on these focus levels by thinking about the nature of plants. The plants divide and grow with the right balance of elements. Plants are very present in the moment. They do not concern themselves with politics, money, or shelter. Plants produce, they convert and transmute one thing into another. They give a lot and complain very little. Love your plants and tend to them. Your consciousness can be like the plants so you can appreciate them in their state of being but you have other capabilities. You have other levels of consciousness that are available for you to explore.



Miranon Session 6 SHE 36:42

"As I have said to you earlier plants exist on levels one through seven. They are on the vibrational rate on the levels one through seven. It is the same pattern. Animals exist on the levels eight through fourteen. When a person attains or when a consciousness attains level

14, it can no longer go any higher unless it is willing to change its form of consciousness. Levels 15 through 21 are what you call human life on this earth. When a person progresses to level 21, he then has the choice of going higher or staying within the realm of human form, but he cannot go higher unless he is willing to give up human form."

The insight here is that F22 is where consciousness has been released from human form. Moving into F22 and on to F23 is to completely release the physical body and physically die. For us, as explorers, we can visit these areas and higher focus levels as we gain the required awareness and ability to focus our attention becoming sensitive and aware of the characteristics of that focus level. The point Miranon was making is that plant consciousness transcends to animals by giving up being a plant. An animal does the same and so too does a human. Therefore moving between the white levels F7, F14, F21, F28, F35, F42, and F49 is a transition from one kind of being or conscious ability into another.

Moving between F7 and F8 is the difference in consciousness between a plant and an animal. Moving between F14 and F15 is the consciousness difference between animals and humans. It is a dimensional change in capability and understanding. Moving between F21 and F22 is like having a NDE; you experience the transition space between the spirit and the physical world.

These white levels are where you decide to move to a higher group of seven resonant colors or to stay where you are returning to your current level to complete some learning. There is a barrier in place at the white levels to make the transition from one area into the next restricted area. This prevents moving backwards in conscious evolution. Yes, you can explore these lower levels but they are more restrictive in capability and understanding. An example would be to visit your childhood. Perhaps, to imagine being a bird or a flower or a rock. There is something to be understood from these lower levels but you soon realize that you have so many more exciting opportunities.

In order for consciousness to maintain focus and awareness it must have unity of thought and intent. It gains in energy by resolving these internal conflicts and apparent opposites. What I mean by energy is the energy to stay focused maintaining an intent and awareness during meditation and not become distracted. To be completely unified, you must have nothing hidden from the person you love. You are completely exposed and transparent to one another. In this (love) state, there is no distinction between yourself and your higher self. Transparent indicates that your unconscious is completely integrated with your conscious. You are then completely united and in love. This transparency allows you to transition between different white focus levels because you fully understand and accept its existence. This is what it means to transcend or become what you want to be. It is passing through a white level that you can consider as a portal. It is the transition from where you are now in your understanding to where you can get what you want. It refers to becoming more united, wiser, or skilled.

This sounds like it is a difficult thing to do but as an explorer you are not bound by the natural restrictive process. You can take your consciousness anywhere and travel using the focus levels into these areas typically restricted to the spirit or the advanced meditator.

Applying this understanding to the white levels yields some insight as to what higher levels of conscious organization may be. An example of a conscious perspective change can be seen in observed ways of interacting with the physical environment. Consider how a rock would experience reality. Then consider what the consciousness of a tree experiences. Now consider the experience and reactions

available to an animal like a bird. We now consider our ability as humans to imagine and experience all these previous states of consciousness. Consider the change in perspective once you have transitioned past the death of the physical body. Each of these changes in conscious perspectives is the transition represented by a white level. The blue level is your initial experience of realizing that the transition has taken place. The red level is how you reflect on the experience. The yellow level is how you balance the difference between the actual blue experience with your reflection on the experience. The rose and green levels are getting guidance and healing to help with accepting and using the experience. The purple level is your mastery of the lesson, demonstrating and creating innovative applications of the information applied as an ability. This leads to openness and seeking a new experience which leads to a transcendence in consciousness on a white level. The change in perspective that happens, represented by a white level, is an increase in sensitivity. It is empathizing and being able to connect not just with people but the environment, nature at large and understand there are perspectives not just based on the experience of an individual. Below is the list of changes in conscious organization suggested by Miranon.

1. Elements
2. Plants
3. Animals
4. Humans
5. Bridging the physical to the spirit
6. Planetary
7. Galactic
8. Supercluster
9. The Boss Great Wall, a gigantic wall of galaxies, is believed to be the largest structure in the Universe. Over a billion light years long, it has 830 galaxies that are combined into four superclusters; massive filaments of hot gas hold them all together. The largest two superclusters form a stretched-out wall of galaxies that's about 1.2 billion light years long! It is so big that no matter what direction you look, you are looking at it.

You can still experience it after leaving the physical plane. However, as you progress through the focus levels, you will notice that metaphors and even ideas of thought break down into unrecognizable and untranslatable experiences defined as ineffable.

The focus levels higher than F28 go into the realm of the non physical. Finding a language to relay the experience is difficult but can be equated to other experiences that are theoretically physical. Consider the view you have as a human experiencing a walk in the forest. Now move your awareness up 500 feet into the air and look down. You see the tops of the trees and your perspective and experience has changed. So too has your presence as a being, it is larger and more spread out. Now imagine going up 3 miles to gain a planetary view. You see the earth's roundness and experience it as a unified entity. Expand your view to see the entire solar system. Expand your view to see the entire Milky Way Galaxy. Zoom out to see the Milky Way Galaxy as a cluster within a Supercluster. Each of these changes broadens your perspective by increasing your awareness on a larger scale. One of the lessons learned from this type of cosmic thought is that if you can have such a large consciousness, how insignificant are your attachments and arguments with the people around you?

Consciousness on these scales is being aware of the structures and being aware of the unity of

consciousness that can span the distances and at any instant be at any point within these large structures. It is not the physicality of the structures but the realization that conscious awareness exists outside of the physical universe. The physical universe is like pin pricks of light in the fabric between this space and the spiritual dimension. Physical objects are like frozen light that has dripped into this space. When time is moving so slowly that light is frozen, it is converted to matter and seems solid. In the upper focus levels, matter exists as light, and light exists as energy. Our ability to translate the experience is limited because our experience and senses are limited to a physical understanding. As you spend time exploring each of the focus levels, your energy in the form of awareness makes that focus level more real. The attributes of that focus level become a part of you there, and you bring some of that energy to your waking reality.

When you reach F49, you have realized or built this complete energy body from all the focus levels to navigate the physical and spiritual planes. You have a presence on all the focus levels, and this multidimensional understanding can flow into your present physical world. Another way of thinking about an energy body is as a field of study or a way of understanding. These upper levels are ways of thinking in other kinds of thought patterns. These patterns still follow the same general function as they are experienced on the lower focus levels. This leads to a wonderful way of understanding the seven resonant colors. The focus levels interact with one another in the same way that harmonics or octaves of music do. Thus, comprehending a focus level at one level reveals characteristics of higher and lower levels. Miranon does provide examples of why certain focus levels are associated with a color, but what is important is that other focus levels are similar to a level that you recognize. The practical value of this understanding is that, over time, you realize the physical focus level is just one of many levels of awareness.

Consider this: if you develop a skill at F27 with your waking mind, you can transfer that skill to physical reality. The inverse is also true: what you learn here can be taken with you. The primary reason we enter physical existence as spirits is to learn lessons and grow spiritually. We then learn and advance that developed spirit to higher, more organized forms of consciousness.

There are two ways to have these focus level experiences. The first is to have the experience as a process over a typical lifetime and not realize you are moving through the focus levels. The other is to seek out the experiences and become aware of the process. In this way, you move through the levels in the process of becoming aware through meditation. This allows you to gain experience with the levels and learn the lessons of changing perspectives of consciousness. The skills and experience of Gateway can bring about the realization of expanded consciousness. The phrase "I am more than my physical body" is the first realization to open this wonderful journey.

What the Miranon Material tells us

We move through levels toward a higher conscious state. This progression is effortless and only inhibited by our negative responses that have to be healed. That is the reason to be aware that the color levels exist. In addition, there is a future version of our own being that is seeking ourselves right now to heal and repair the trauma of just existing within the physical. Lastly, the Miranon material is letting us know that while identity is important for learning a lesson, transcending requires an adaption or shedding of identity. Our true nature is revealed through this pulsation into an experience then a return to this true state.

The Community

There are a collection of beings that have evolved to have ESP, telepathy, telekinesis and so on. They are a part of the community that Bob spoke about. Those beings are aware of one another. They are able to scan the planet for others who are similar to themselves and then recruit those people for training. Instead of a temple or a physical gathering place, perhaps they will congregate on the astral plane, perhaps in a location like F27. The ability to reach this focus level and initiate contact is the entrance exam to this invisible college.

Bob theorizes on this in his book, “Journeys Out of the Body” Chapter 21.

If one person can perform this dis-associative action, [OBE] there must be others now living who can do the same, probably more efficiently. But how many others are there? Can one person in a thousand do it? In ten thousand? In a hundred thousand? In a million? Let us assume that only one person in a million can perform in the Second Body consistently and consciously. This means that as of this moment, there are more than thirty-five hundred humans now living who can operate in the Second Body, probably better than I can. Such a group, if organized, could control the destiny of mankind. Which leads to the question: Are any of them organized now, and do they now control our destiny?

We are more than our physical body. The Miranon material tells us that we are a spirit in a physical body. Anything a spirit can do, we, as explorers, can do better because we can be consciously aware of earth systems, belief systems, and thought-responsive environments. But we are more gifted and liberated than spirits. We can travel through time and space, in dimensions both infinitely large and infinitely small. We can empathize with all objects and entities and recognize the divine spark within them. We can bring our awakened consciousness into the dream state, the OBE, and back into our physical reality. The only limitations are those we impose on ourselves, regardless of our level of awareness.

Alpha and Omega

The white levels represents both the end and the beginning. When I write about channeled dialogue, like the Miranon material, I find I am often writing and rewriting the introduction. When I finish the last paragraph, I return to read the introduction and find I've left something out. I continue to find new applications for the theory and new angles from which the pattern emerges in the struggles of everyday life. The seven resonant color system is an infinite living system, there is always something new to learn each time you go through the procedure.

We meditate by opening a session, going through a protocol, and then closing the session. When I do a remote viewing, I make a case file, investigate, and then shut the case. When experiencing the seven resonant colors, you start with the blue level and work your way through the process, with each color providing a function and a way to process the information or intention of the meditation. Each meditation session concludes on a white level, which resolves into a waking blue level. For convenience, you can think that you return to the same blue level.

Our thought processes spiral through the seven resonant colors as we learn and grow. This pattern can be found in everything from the smallest components of our DNA to the largest structures in our solar

system. It is the double helix spiral pattern. It is the flower of life pattern, as depicted on the cover of this document.

The seven resonant colors pave the way to a source of knowledge and inspiration, as well as a solution to any problem. It connects to the source and allows for the flow of ever-expanding self-knowledge. My deepest wish is for you to feel the same connection.

What follows next are some practical exercises and examples of how the seven resonant colors can be applied to situations. The same information is repeated but with a different perspective and slightly different terms.

Seven Resonant Color Practical Exercise

In this exercise, think of an incident where you received news that changed your life. This practical activity is just for you and does not need to be shared with the rest of the group unless you wish to. You may experience unexpected reactions to some of the questions. Make note of these surprises. Self-awareness is discovering these hidden reactions. This methodology will help you work through these hidden reactions and resolve them. If you are feeling triggered, set this incident aside and pick a pleasant incident.

Below is the detailed explanation of the seven resonant colors levels in relation to processing an experience.

1. The blue level is introducing you to the event or information. The event happened, the information was experienced. It came so fast it was instantaneous. A flash of insight. It has already happened, and you are just becoming aware enough to realize it. You have not decided what to think yet. It still has that pause. You are unsure of what it is. As soon as you try to label it, you move into the red level, so you are still stuck here, faced with the mystery of the pure unknown. You can describe it with color, shape, texture, smell, sound, and even taste. You're genuinely surprised like a child. You haven't even considered fear because this experience is so unique. No, you are not in danger; you are safe and are just watching this event.

You are an observer who is safe and secure outside of time before you decide what is now. It simply means being present at the event.

Describe the event focusing on what happened and not how you thought, felt, or your reaction.

Note any "low level" information that is sensory. For example, I was standing in front of the building barefoot on wet grass when I heard the information. I was drinking orange Gatorade when I heard the news. I looked up to the late afternoon sky and saw my breath in the cold air.

The blue levels are: F1, F8, F15, F22, F29, F36, and F43. We venture out to experience something and then retreat in an effort to learn and understand, much like a small child in the protection of parents. This is the pulsation described by Miranon. It is the extension of the soul to experience and then understand. One must feel safe and free of fear to extend into new areas of exploration. So it is from this position of safety that one is open to having a first encounter. When we are in this state of childlike curiosity, full of wonder and without preexisting expectation or fear, we can have a true experience. What we had as a child then is what we seek as an objective as an enlightened being. To encounter any event as a natural way of encountering the environment, such as the pulse of expansion and the pulse of retraction. To have an experience and not respond in fear but rather in love, fully embracing every event for the love of the experience. To experience the events of life free of making judgments. To just observe, like watching the waves of water along a beach. As a natural course of understanding, we reflect on the experience and then analyze and balance it with what we already know.

Higher focus levels of blue can initially be experienced as a void. The reason for this is that we may lack the sensitivity to register an experience in this state of consciousness. Consider that this is the area where you can bring your trauma to look at it from another point of view. After the initial experience of the void, the mind will generate content from expectations or memories. In more advanced levels, the explorer is able to discern the difference between self-generated content and unique content.

2. The red level is an internal realization that is based on reflecting on the possibilities and exploring new capabilities presented by the blue level event. You have just heard some information, pay attention to any physical sensations you are experiencing. Note them here.

Note any feelings you experience here.

Do you feel anything toward the person or the way the information was presented to you? Note your feelings here.

Have you formed an opinion? Note your opinion here.

Do you feel motivated to do something? Note your reaction here.

Consider that it is early in the process, perhaps a few seconds after you have heard the information. The instinctive responses are fight and flight. Note your first impulsive reactions.

The "other" is the (blue) reality or truth of what happened, and you are interacting with it through your interpretation. Depending on the situation, you may respond impulsively at lower levels of awareness or notice the increased awareness of the space between the incident and your response to it. This is when creativity happens, when knowledge causes a new response. Moving to higher levels of consciousness expands your response options.

You choose to accept or reject this understanding, cycling back to level one and returning to level two until you have created a decision and made a division of whether this event is good or bad. You assign a label and name the event. The issue is that the only choice is to accept it because you are already in it. Not accepting it means you get to stay at this level until the lesson is learned. Not accepting creates a false self or an ego story⁸ that separates you from the truth. The lesson is to interpret the truth correctly. This is where the creation of the ego story about the event or information happens. It can be accurate or a version separated from the truth. Hint, no one interprets the truth perfectly. The best we can hope for is to recognize the truth and interpret it as best as we are able.

3. The yellow level is a balancing level where what was presented as reality in the blue level is reconciled with what you created as an opinion or projection in the red level. You take time to evaluate the information.

⁸ Dr. Nicole LePera describes the stages of ego awareness. Insight is also found in reading about "Ego Stories."

Do you accept or deny the reality of the information?
Note your reactions here.

Do you label the event as good or bad or neutral?

Do you verify the event to check if the information you think accurately describes what happened?

As you reflect and gather information and consider the event with your experience, has your opinion changed? Note your changes here.

Every event, and all information makes changes to you. Do you recognize that this event will impact you? Note your reactions here.

How do you feel about the impact these changes that will have on your life as a result of this event?

4. The rose level, corresponds to the heart center. Initially, this is where you receive and accept help in whatever form it may take. This can be thought of as a metamorphosis level. It allows guides to assist in healing and resolving the conflict by learning new abilities. This is where negative and positive experiences are unified and neutralized so they are accepted in wholeness. An adept user of this level can enable the flow of loving energy to help and heal others.

There is help available if the explorer can reach out and ask the right person or look inside for a spiritual guide. This healing guidance allows for the development of new abilities and sensitivity to cope more effectively with the environment.

An insight to realize here is that you have experiences with the physical senses on the physical plane. In meditative visions, you carry this physical sense into your virtual understanding of the spiritual plane. But why limit yourself to the restrictions of the physical plane when in these other realms you can fly, instantly appear, or disappear? At these higher focus levels, what is possible is only limited by imagination.

You have just heard some information that is impacting you, if the event did not soften your heart and open you up to being receptive to the possibility of forgiveness and love, this level will attempt to break through your protective boundary.

Do you reach out to consult with another person?

Do you meditate to consult with an internal guide?

How do you react to someone reaching out to you to provide guidance?

How do others react to you when you reach out to provide guidance?

Under what conditions are you available and open to receiving guidance? Some examples are reading

books, a friendly discussion, self discovery through research.

In one of the conscious theories I read, being conscious is defined as having "the ability to respond" to your environment. Consider this when meditating on a void. It is only a void because you lack the ability to form a memory, use words to describe the experience, detect a presence, or use your senses. The first step in raising consciousness is knowing that the possibility exists.

When you ask a question, you open the door to a response. You increase the size of your dialogue tree. When you remote view, channel, or have an OBE, you gain information to answer questions, even if the information is disturbing or incorrect. Consider how you have expanded your options for finding answers to your questions where none previously existed. Accepting that possibility alone will increase your rose level. It indicates that you are developing the senses required to recognize and accept solutions.

Imagine how exciting life will be when you begin to accept the results of your questions. A question is a doorway, a vehicle for rising above a horizontal level of consciousness and entering a vertical rose level of consciousness.

5. The green level is making the lesson learned normal and a part of everyday life. The point of this level is similar to both the rose and yellow levels as it relates to balancing and healing. Unlike the yellow level this one has vertical energy flowing from outside the earth plane. It can provide a path for spiritual guidance and outside influence. The objective is to make the event neutral. No matter how traumatic or spectacular, a major event can make a person identify with it. It becomes a part of the ego story and has so much red energy that the attachment of the event and the person can be the same. This is what is neutralized at this level by compensation, forgiveness, education, and raising the perspective to a place where the identification with the event becomes obvious and meaningless.

Think of how it would be possible for this event to mean nothing to you.

Processing through a difficult event follows the seven resonant colors in the form of a grieving process. The event, denial, anger, bargaining, depression, and finally acceptance and then moving past the event. The green level is the energy of acceptance.

How is it possible to neutralize this experience?

Do you feel the need to document your experience and share with others to support your healing?

What does forgiveness do for you to help move toward accepting and neutralizing this event?

6. The purple level is all about branching out into new areas by creatively applying new knowledge or abilities. At this level, you are aware of higher levels and preparing to transition into the next white level. At this level, you become aware that mastery of the current skill has opened new opportunities. This leads to openness and seeking a new experience, which leads to a transcendence in consciousness on a white level.

Do you see opportunities being revealed from learning the lessons from this event?

Describe what mastery of this lesson would look like in your life.

7. The white level represents a transition to the next higher level of learning, teaching, or creation. At this level, you enter a new understanding and raise your level of conscious awareness. This often requires adopting a new perspective. In this state, there is no difference between yourself and your higher self from the next level. Being transparent means having nothing hidden from others or from yourself. Transparent means your unconscious is fully integrated with the conscious. You then exist in a state of full union and love. You will feel this when your dreams match your waking reality.

The most important lesson to take away from the resonant color methodology: to relax and be comfortable with the way things are; to experience a loving indifference; to distinguish between God, your higher self, and your current self; to accept reality as it is.

At the heart of the matter is you can only change yourself and how you respond to the challenges presented to you. This acceptance allows you to advance through the white levels. In this state of trust and curiosity you can venture out to have a new encounter armed with the knowledge and experience from what you have learned. This is what Miranon meant by the pulsing beat of the soul.

Can you imagine a time in the future where you are past your current issue? Describe what that looks like.

Procedure to Experience Another Reality

When we meditate, pray, channel, remote view, or have an OBE, we are experiencing another dimension. It is a dimension because it is different from waking reality. We can compare the differences so we are aware that the rules “there” are different from the rules “here.” In addition, we are gaining knowledge, requesting a change, or gaining experience so we will change after the experience. Something about ourselves will be different by the end of the session. We will have gained knowledge by looking at an issue from another perspective. The procedure to change to another dimension follows seven general patterns: intention, goal, initiation, relationship acknowledgement, petition, fulfillment, and closing.

Visiting a Friend

For example, consider visiting a friend in another city.

Intent: The opportunity exists, so you think about visiting a friend.

Goal: Each side wants to share a gift.

Initiation: You call the friend and arrange a time, place / event to meet.

Acknowledgment of the Relationship: You begin the meeting with an exchange of greetings. Rapport is established by finding common ground. You make the meeting real by finding something within your being that is shared by the other person.

Petition: In the process of exchanging information you learn about ways you can help each other. This is where attachments are created.

Fulfillment: Further transactions take place and the level of the relationship changes accordingly. This is where attachments are released.

Closing: Agreement is reached to conclude the session transitioning to another state of being. End of session.

Here is the example of “Visiting a Friend” explained in relation to the seven resonant colors:

The blue level in this case is the intention: The strategy has been devised. The plan is being designed by an architect.

There is the creator's planner and manager. This is the inspiration, muse, or idea that comes before the idea. The thought is not about the wind, but about what "causes" the wind. The architect is what you cannot see, but you can see and feel the results. Intention of the highest level begins with adoration and thanksgiving. You set a time and date.

The red level is the goal of the meeting: The strategy is well received because it comes from love.

When you realize you enjoy what you do, there is no resistance, no work, and no questioning whether this is the best course of action. To move forward, actions are taken with ease because your spirit, heart, and mind are in harmony with this action.

The yellow level is the initiation of expectations. Balance your inspiration with your desires from the options. The plan has been developed. The strategy has received positive feedback. In the physical environment, the plan is carried out and made real. At times, we must strike a balance between our expectations and what is possible. Remember that balancing and understanding what is realistic is an

important part of the process. Managing your own and others' expectations is a delicate skill.

The rose level is the acknowledgment of the relationship. It is easy to confuse the objective creation with the subjective idea behind the creation at lower focus levels. Healing may be required to reconcile the separation of roles and responsibilities in the event's creation. The relationship must be recognized, repaired, and balanced. The meeting could not take place if you denied having a friend.

The green level is petitioning each other for a beneficial exchange. Because the relationship is beneficial, each party may request something. Additional negotiating and compensation may be required to bring the exchange into balance or profit. There was never a true balance because all things originate from the same source, but you have to believe the illusion that you have a choice and that you earned the skills, money, and gifts you have. A petition is not required at the highest level. You accept that this physical existence was designed to teach you about the giving and receiving interactions between student and instructor.

The purple level is the fulfillment of the meeting. In a win-win situation, both parties benefit from the relationship and take pride in contributing to the development of a more evolved consciousness; they thrive as a result of being together. Spiritual growth takes place.

The white level is the closing of the meeting. Our time together is drawing to a close. Not forever, but until we meet again. You grow and change into a greater being as you explore and gain from your exploration. During these transitional times, we gather to explain and decide whether to move on or return to relive this last joy together. We can make time in either case. It is important to close your session and say goodbye being grateful for the interaction.

The pages that follow describe each focus level. These levels are only guidelines and are not meant to be dogmatic. Have your own experience with each focus level and document it on the provided blank form. The information about the resonant color is repeated for each level and change as the focus level increases.

How can I use a Focus Level?

If you have a specific question or problem in mind, navigate to the appropriate focus level to find solutions. Try a blue level to better understand an event. To receive guidance and healing, go to the rose level. For acceptance, select a green level. When at the level, imagine a cafe with a table and an empty spot for another person to meet with you. I picture tea and cookies on the table. Eating and using the virtual senses help to ground me at the focus level. Lower focus levels are more earthy and physical, whereas higher focus levels are less dense and more conceptual.

A focus level can be used in the physical world by meditating at a certain level and then carrying that energy into your meeting. If you're trying to console a friend, for example, visualize pink energy and serve tea or coffee in a cup with hearts on it. Keep a PIC token nearby, such as a pink crystal, to remind you to maintain that focus level.

The following pages describe the focus levels according to Miranon. Take notes of your encounters. These notes of your encounters on the focus levels are your book. "The book of you."

Focus Level

Color:

Geometry:

Any persistent structures:

Notes:

sounds

smells

tastes

textures

feelings

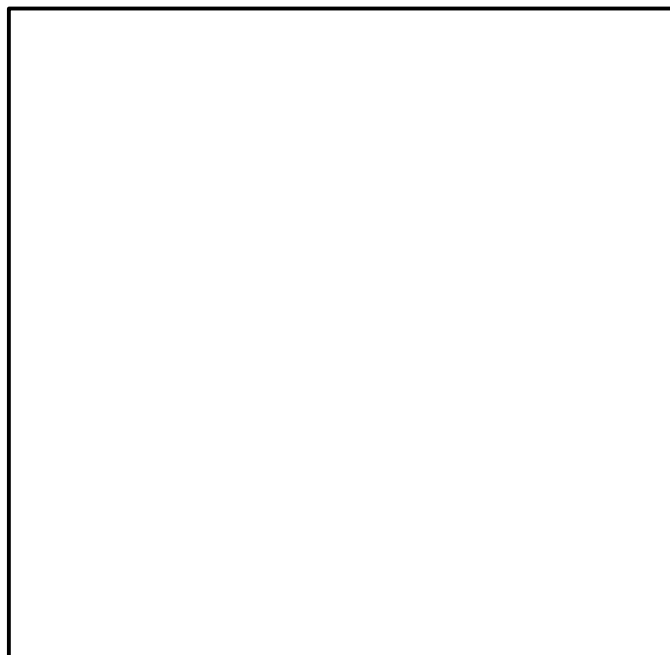
advice

settings

ambiance

Use your hands to move an object in the focus level.

Leave a PIC so you can quickly return to that focus level.



Drawing of Focus Level

Focus Level 0

Color white, Geometry: This level is a full circle because it is at the intersection of seven resonant color level groups. It is the edge of the egg shell, and passing through it to other levels is difficult; it is a transition area. This level emits light pulses that reach all other focus levels. This level is used for theoretical purposes rather than meditation, based on the patterns established earlier by Miranon.

Consider it your earthly birth. It is the transition layer for the largest bubble, which contains all of the other focus levels that we can access. F0 is linked directly to F49. It's also linked to F7, F14, F21, F28, F35, F42, and F49. Prior to being born, you existed as a spirit. You entered the physical plane by passing through this white level.



Session 13 SHE 37:27

"There are many thousands of levels. I chose to work with you from levels 1 through 49 to give you an understanding of the number seven, but since the number seven goes to infinity in either direction, I could have easily called these other levels below number level one, there are levels that do not come into physical manifestation on your earth plane; they are on other planes of existence."

Bob asked Miranon about these other levels and received the following response:

Session 13 SHE 38:16

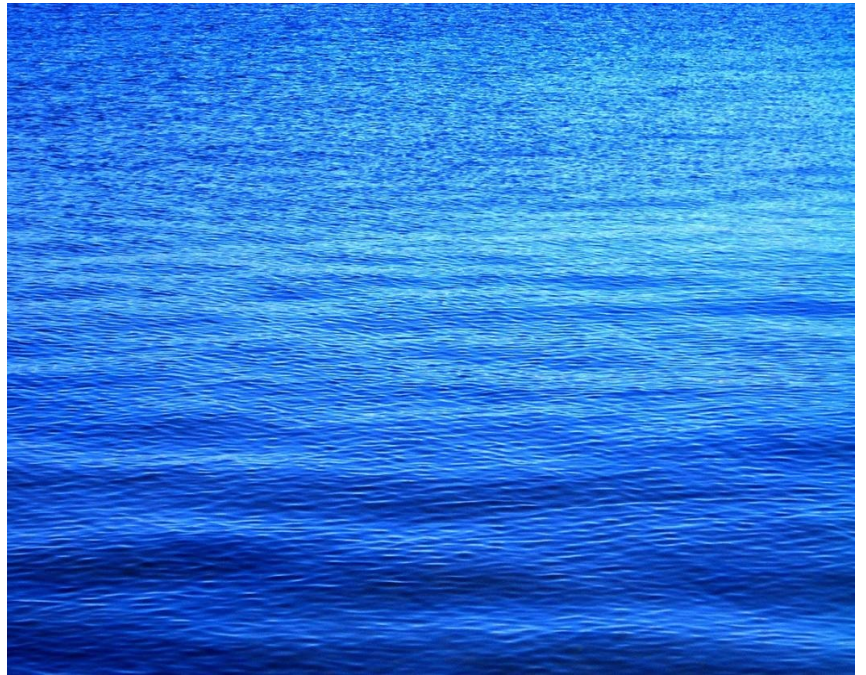
"The progress of the cosmos is always forward, and therefore, you would have very little need for contact with those levels below you. Within the circle of 49, there is a transmutational contact that can be made. But once you progress to a circle above the circle in which you are working, there is no longer any need to maintain contact with that lower circle. It can only pull you back in your evolution and would not be a wise thing to do. You have gone through that, and you are now into this circle, which is where you need to do your work."

Focus Level 1

Color blue, Geometry: Horizontal.
Awake, conscious and physical. F1 is a security state in which the conscious is learning and testing in order to feel at ease and understand how this level works.

Session 6 SHE 20:44

"The first level is always a pulsing level; it is the beat of life. Of the impulse of being. It is the flowing quality, as we have talked about earlier. And since entering into any new plane of existence is oftentimes difficult for the consciousness, this color is a very soothing color... And that is what Leona described to you last week of blue. It allows the being, or the consciousness, to make a smooth transition. But this level is also a level that is somewhat difficult for the consciousness. Because on this level, it is new to this plane and it must become secure. It must develop feelings of being comfortable in this new plane. Therefore, it can only flow in the horizontal direction. If you will notice on the diagram (located in the section About the Cover) that the first three levels are all horizontal levels. They're all levels in which the being is becoming comfortable with this new plane of existence. In which it is learning and establishing the foundation for the other levels within that plane of existence."



This is the focus level in which you believe you exist and live your life. From small social systems to larger social systems, you learn how to be successful and grow. You experience events and learn to accept or reject them based on your understanding.

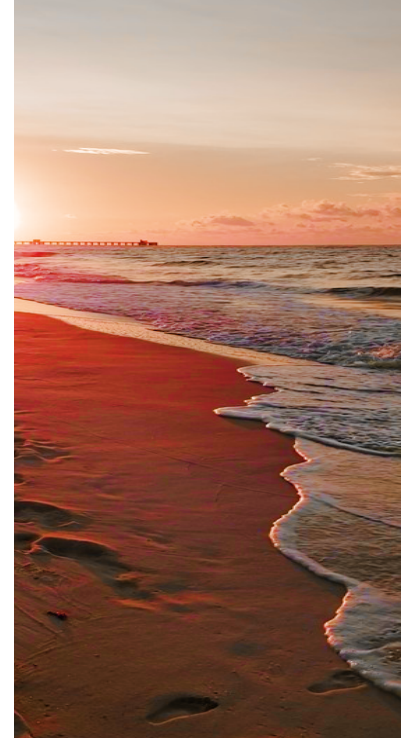
Focus Level 2

Color red, Geometry: A horizontal layer where natural awareness of moving to a higher plane is not obvious. It is easy to form attachments and believe that you are the attachment. Any entity encountered at this level is independent and typically alone. It is aware of its own being. It can see others as separate and in competition with conflicting interests. A mirror image of the previous level, where a reflection is so real that it is indistinguishable from reality. Through projection, you can initiate "the switch," and existence at this level is the same as at the previous level. Through being fascinated, you are unaware that it is your projection of what is real. You believe you are in the movie rather than watching it as an observer.

Imagine yourself walking on the beach. Now become the person walking on the beach. Engage your senses; feel the sand under your feet, hear the waves lapping at your ankles, smell the air. In the memory, who is observing? It is you as the observer.

Session 6 SHE 20:44

"The second level is simply a mirror image of the first level. It is the reverse, and the two are very complementary. Because security has been established from the previous level, it can have a color of greater intensity, a color with a higher vibrational rate. And that color is red. When a being is on this level, he is developing an awareness of all of the realities of that plane. In your plane of existence, it would be an awareness of all of the senses, a total immersion into the outside reality brought in by the senses. Because it is still directed to an understanding and learning about this plane of reality, it is still on a horizontal level."



In the same session, Miranon adds additional information about how the focus levels interact with each other.

Session 6

"But another point about these levels is that all of these colors radiate; they are not simply lines as such, but like the auras around every living thing, they radiate and form an arc-like pattern around the waveform. So, that it is possible to have points on any level where you are in contact with other levels and they are all united. If you will notice, there is nothing separate or distinct at any point on any of these levels; they all touch the other levels."

Focus Level 3

Color yellow, Geometry: A horizontal layer where natural awareness of moving to a higher plane is not obvious. It is easy to form attachments and believe that you are the attachment. Encounters with other beings are typically one-on-one. Yellow transverses the middle of the previous two levels. "Inner reality" states that can reach directly into other spheres where your brain and mind are more coherent, synchronized, and balanced. Mind-brain synchrony, this is where hemisphere synchronization allows communication between the hemispheres of the mind. This balancing of communication helps to resolve internal conflict by allowing communication between areas of the brain that may not normally exchange information. This balancing of internal information may lead to a state of euphoria, clarity, and an increased ability to focus. The physical results of this meditation are that, over time, additional nerve fibers connect between the hemispheres of the brain, increasing internal communication and access to memory.

Turn away from the beach and walk into the surf. Waves are at your knees. You hear music in the waves or voices speaking just out of range. Looking down, I'm standing on a slab marked F3.



Session 6 SHE 20:44

"The third level transverses or goes through the middle of the first two levels and can reach out a little more directly into other spheres, other forms of life on the same plane. This level has a different intensity to it. This level is more of a development of inner awareness. It is still on a horizontal plane, but the color for this level is yellow, it does not have the heaviness of the second level. There is an expanding consciousness and increasing awareness of that plane of existence. And with this expansion of this development. In your plane of existence it would be a development of the mind and expansion of the mind. There comes a need for more and more power. In this way power can be gained over other forms of existence on that plane. But primarily only on that plane again. This level is a horizontal level it does not descend or ascend."

Focus Level 4

Color: rose. Geometry: a vertical plane where it is possible to descend or ascend energy from other levels. A healing level where conflicting energy is neutralized. It gives you the ability to program your body with whatever abilities you desire. Ego can dissolve into love, revealing truth, growth, and understanding. It also allows communication through portals to other levels. One makes transmutational contact with guides and higher aspects of oneself. This level is another opportunity to begin the quest for reintegration and healing of self from higher and lower levels. While meditating, I continue to walk into the surf. The waves are nearly at my waist. Looking down, I'm standing on a slab marked F4.



Session 6 SHE 28:06

"The fourth level of this seven is the one that both Leona and I are on, and it is one reason we can have contact with each other. It is the vertical plane. It is the beginning of the ascension and descension. This plane can either ascend or descend, and therefore we can meet. The color for this plane is a rose color. It is a lighter color. It is a plane that brings greater unity through all the planes. The primary quality of this plane is what you call love. It is an openness to realities beyond this reality, beyond whatever plane you happen to be on. It opens the door to expansion into other realities."

In another session, Miranon explains that Leona is working at the rose colored F18. F4 is two octaves below. Notice how Miranon does not say that F1 is the conscious level where most people or reality exist. In fact, he says Bob is at F6 and Leona is at F4.

Session 6 SHE 38:01

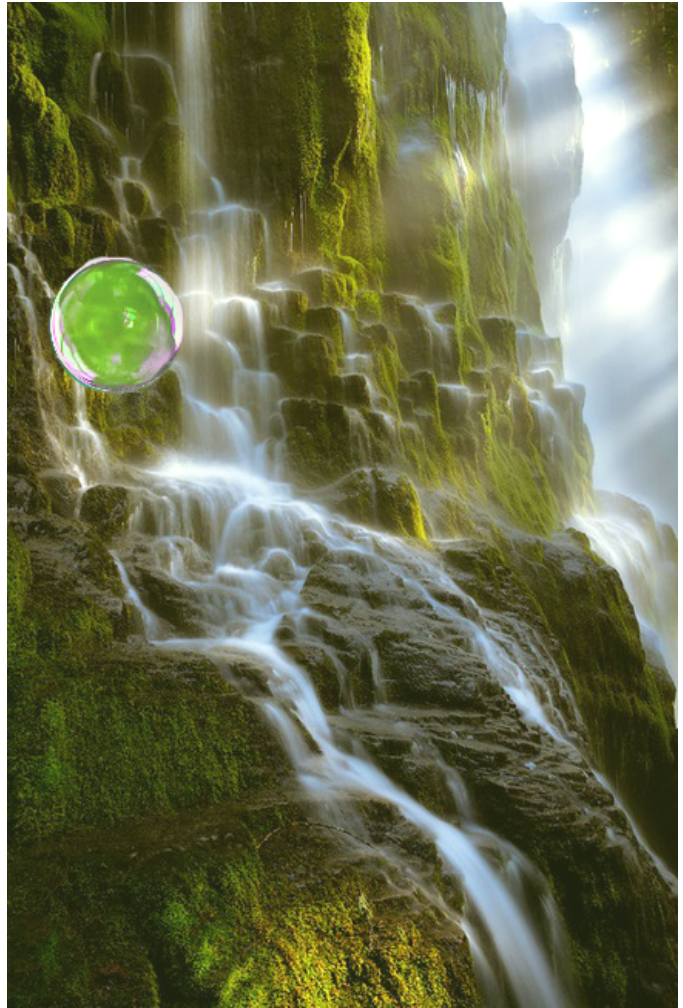
"I told you earlier you (Bob Monroe) are on level six. You are working from level six because that is an ascending level, you can enter into the realm beyond life."

Focus Level 5

Color green, Geometry: Vertical descending. It is closely tied to the next level. The predominant feeling is tranquility, a sense of inner peace and awareness of the love consciousness. While meditating, I continue to walk into the surf. The waves are above my waist. Looking down, I'm standing on a slab marked F5.

Session 6 SHE 30:21

"The fifth level is very interesting; this fifth and sixth levels are closely tied together. There are very few consciousnesses that are on the fifth or sixth level. For example, when I transcend the 46 level, I will be in level 47 and 48. I will not be just in 47. They are very complementary levels. The color for the fifth level is primarily green. It is what you call your healing light. And it works very closely with the rose light in level four. The two again are interrelated. But in the fifth level, there is a tranquility, a sense of inner peace, that comes from the development of this awareness of the love consciousness. It is primarily a descending level where you become more acutely aware of the realities of the levels beneath you... It is primarily a level that gives you an understanding, like the rain. The rain would be on the fifth level. As it falls, it understands it has an awareness of the reality that it is entering. It is a different reality from the reality of which it has been a part."



Focus Level 6

Color purple, Geometry: Ascending ellipse. It allows for transcending to higher levels. While meditating, I continue to walk into the surf. The waves are near my chest. Looking down, I'm standing on a slab marked F6.

Session 6 SHE 30:21

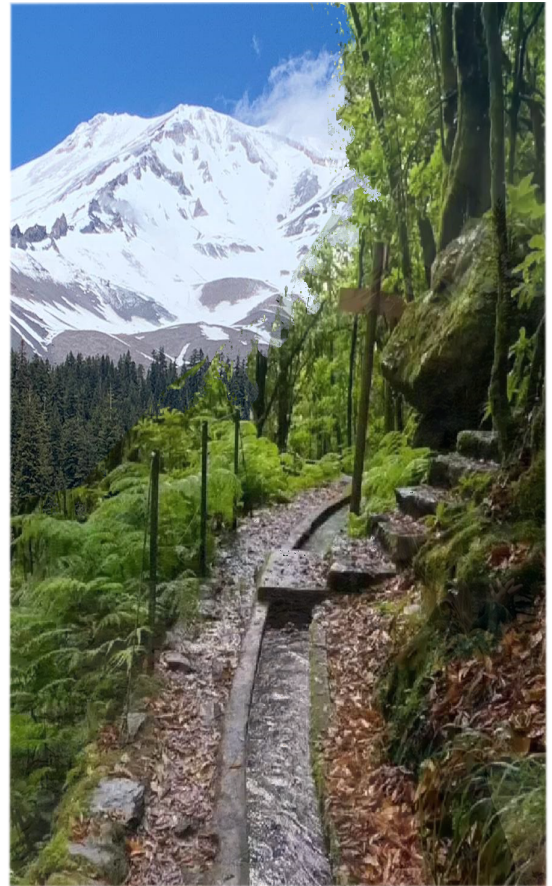
"The sixth level is primarily an ascending reality. It allows you to have greater understanding of the levels yet to be attained. And in this reality, you can transcend the plane upon which you are currently existing. (Bob) You are in this ... plane. Yes, you are in the fifth and sixth plane, but you are working primarily from the sixth plane. You have an awareness of the fifth plane also.... The color for this sixth plane is purple, but it is a different kind of purple."

In the physical levels, one has to look close to see and experience the focus levels. The color is there. The focus level is there. Understand that it exists.

The physical world serves as a learning environment for higher levels. What you see, create, and project onto the physical plane becomes true at higher and lower densities.

Prayer, visions, remote viewing, OBE, and dreams are all more removed from the physical and exist at a higher focus level.

The insight is to realize you are experiencing a focus level. The properties of these other, higher sympathetic resonating focus levels can be seen and experienced on the physical focus level. How these higher focus levels translate into the physical world, if they do at all, is mostly dependent on your willingness and ability to develop your senses. Developing the language to describe the virtual is how to translate a physical experience into higher focus levels. As you apply language to a sensation, an idea, or an experience, it becomes real. What the Miranon material teaches is that higher level experiences can give you insight into the characteristics of the physical level, and the physical level gives you insight into the higher levels. This realization allows you greater awareness in the physical world and a richer spiritual life.



Focus Level 7



Color white, Geometry: This level is a full circle because it is at the intersection of seven resonant color level groups. It is the edge of the egg shell, and passing through it to other levels is difficult; it is a transition area. This level emits light pulses that reach all other focus levels. F7 has a light fog between here and there making it easier to pass through than other white levels. It is a total understanding because it touches all the levels.

While meditating, I continue to walk into the surf, the waves are near my shoulders. Looking down, I'm standing on a slab marked F7.

Session 6 SHE 34:14

"The seventh plane is the full circle at which you understand and have a complete awareness of all that is in your plane of reality. A complete and total understanding not only of yourself but of all the levels that you touch. If you will notice, the seventh level touches or crosses every other level of

existence. It has a harmonizing influence. It is the level that unites everything within the level, and it also has the ability to cross into other levels since the light is pulsing since the light radiates, it touches all the levels. The levels above it again space is not right, but the levels above it below it on top of it and behind it for lack of better analogies. The color for this level is white. There is no color, or there is all color. It is the highest level you can attain and still stay in the plane of reality upon which you exist. That is the basic understanding I have of these levels. If you have any specific questions, I will try to answer them."

Bob Monroe 36:04 *"In these particular levels now, these seven levels apply to physical existence here, as I understand and there, these as have been described, are in the whole scheme of levels, would be level 15 through 21. Is that correct?"*

SHE 36:25 *"This applies to all levels of existence, physical, [and] non-physical. It does not matter."*

Fog is a good analogy for this first boundary layer. You are aware that you have entered and when you left, but it is easy to move through. It could be described as the feeling of realizing that you are moving past the point of getting an illness and moving into health. You have to let go of the illness, take it off like it was an old shirt.

Focus Level 8

Color blue, Geometry: Horizontal. First level where animals will appear and can be seen through F18. Relax and get comfortable with more movement. While meditating, I continue to walk into the surf, the waves are near my neck. I feel the whole force of the ocean making me rise and fall on the sandy bottom. Looking down I'm standing on a slab marked F8. I feel my feet float off the bottom then drop back to the sand covered slab.

Session 6 SHE 36:42

"As I have said to you earlier, plants exist on levels one through seven. They are on the vibrational rate on the levels one through seven. It is the same pattern. Animals exist on the levels eight through fourteen."



Because F8 is like F1 and F15, we can think of it in terms of pulsations and movement. The wisp of wind on the face in the morning fog. The beating of the wings of a bird as it flies through the air. The swell and drop of the surf as the body is nearly immersed in water. The sensation of floating within a medium. You are aware of the effects this layer has on you but you cannot directly see the cause. There is a tangible layer between this level and the previous level. Here you can move through the environment freely. You are aware of the element you were in and the new space you will move into.



How does F8 translate to a physical experiences? Think of changing mediums like submerging your body into water. Or breathing in foggy air. Or being a bird on a branch and jumping into the air to take flight. The physicality of this level allows you to test a new space. This is the sphere of seven where the animals move through their environment. Becoming aware this is a new place where you have new abilities that were previously not possible. This space is lighter and more buoyant. It is easier to move. It feels like with just a little jump you could be free of the ground where the plants and rocks exist. Color is more vibrant. You can move faster than the rocks and plants. They seem to stand still in relation to your new ability to move around. Time is on a different scale for you now. You can still hear the plants speak but it is so slow you can leave and return and they are still on the same word.

Focus Level 9

Color red, Geometry: A horizontal layer where a natural awareness of moving to a higher plane is not obvious. It is easy to form attachments and believe that you are the attachment. Any entity encountered on this level is independent and typically alone. This is a mirror image that you create based on your understanding of the previous level. At this level the process of creating the mirror image is automatic. Awareness is limited in understanding the image. Though being fascinated, you are unaware that it is your projection of what is real. You believe you are in the movie rather than watching it as an observer. It is the second level where animals will appear. Think in terms of animal behavior: Survival, procreation, defending space, loved ones, and possessions.



While meditating, I continue to walk into the surf, the waves are near my nose. I am floating most of the time now, occasionally I am fully submerged and aware there is a reflection on the bottom of the ocean surface. The wave rises and descends now. I touch the sandy bottom again. I realize I can float and submerge easily. I'm getting comfortable with this sensation. Looking down I see a slab marked F9.



F9 is the point at which you become aware of your own existence as a created being and discover yourself solely as a result of looking in the mirror and seeing yourself as someone on the outside might see you. Do you recognize this image as yourself, run away from it, or attack it when you see it? Are you embarrassed or ashamed when you finally accept that this image is you, or do you feel pride, empathy, and love?

I had an office with a huge reflective window. The outside of the window was mirrored and it stretched to the ground. A red bird would come to the window and peck at its image. I often wondered how it could survive spending so much time fighting itself. I considered that the bird would resolve its conflict or die trying because it seemed to be stuck at the level of realizing its own reflection. At this focus level you may become aware of new things in your environment.

Reflecting on the past you may become aware that others around you have tried to wake you up but not always in a good way. You may have been picked on or bullied by others who were trying to tease you into awareness or toughen you up to take on bigger challenges. Increased awareness allows you to realize a different perspective. Instead of seeing these events as traumatic and inflicted by cruel people, see it as they cared enough to give you attention no matter how dysfunctional that attention might have been. Even if it was negative attention and you experienced it in a negative way; you can see it now as a learning experience. Transcend the event and that level of thinking. Take a lesson from the event, neutralize the trauma through love, forgiveness, understanding and move on from this reflection in a

positive way. Find a way to say “thank you for the lesson.” Otherwise, you'll be like the red bird pecking at its reflection. I tried to help the bird by taping paper along the bottom edge of the window. Instead of tapping at its reflection, the bird would now leap up and attack it with even greater vigour. Whatever I did, the bird insisted on attacking its own reflection, even if it meant finding another window to attack because mine was completely covered in paper.

Consider how you interpret the past, present, and future through reflection. You may not realize it, but these are your reflections. It is your interpretation of the previous level's true event. You have complete control over how this reflection is created. It is applicable to this focus level as well as the higher octave levels. Keep in mind that these lower levels of focus are a physical representation of what are cognitive processes at higher levels.

Focus Level 10



Color yellow, Geometry: Horizontal. F10 transverses the middle of the previous two levels. It is the third level where animals will appear. It can reach directly into other spheres. A place where your mind is awake and the body is asleep.

While meditating, the ocean wave covers me. I'm under water but I can breathe well. I see this reflection on the bottom of the water that I had never noticed before. Who knew it was even there? I create a bubble called a reball around myself. The reball is similar to the glass dome on a submarine. It is a safe place where I feel protected and I can observe the environment around me. This reball is buoyant and before I even realize it I have

passed through the boundary layer and surfaced on the other side of the water. Visualize moving out of the water by standing on a rock. Visualize a crystal in your hand and turn it so the ambient light from F10 reflects into the eyes. Look for the imprint "F10" as a label on the crystal. The inscribed crystal is a PIC that you may leave at this location. A PIC allows for a quick return to this location by taking a breath and remembering or attuning the brain frequency to this place.

It is typically near the ocean beach. Primarily because the sounds associated with the meditation remind one of waves crashing against a sandy beach. To help focus, write your intent for the meditation on the inside of the reball. Say your affirmation silently in your mind. Gain energy through rhythmic breathing and humming the ohm. Deal with distracting thoughts by seeing them as bubbles independent of your sphere. Then place these bubbles in the energy conversion box. When you see these thoughts as a part of you but independent at some point you realize this part of yourself that is in the bubble is like those encapsulated thoughts. You can observe the observer.

Consciousness is fully retained without dependence upon signals from the physical body. Conceptual tools are developed (reball, energy conversion box, and PIC) that the explorer may use this time to reduce anxiety and tension, for healing, for remote sensing, and for establishing resonance with other explorers. In Focus 10, much like the dream state, we learn to think in images rather than in words.

Consider what happened in F8. You relaxed in the soothing blue. You learned about a new way to

engage your environment. It was as profound as jumping from a branch and learning to fly. Suddenly the whole world and how you engage in it is different. In F9 you reflected on this change. You chose how to interpret the experience. You made the experience dualistic as a good or bad experience. In F10 you are deciding to harmonize and balance the change with your definition of who you are. Sometimes you need protection from these changes and to be introduced slowly over time. Love makes the change easier.

In the following quote Bob describes F10.

“Focus 10... The first step in separation of human mind-consciousness from physical matter reality. A simplistic definition is "mind awake and alert, body asleep." The mind is slightly out-of-phase with normal physical wakefulness. It is a stage where all five physical senses seem detuned or reduced in strength and is the beginning of objective perception in (M) Field energy. Perhaps the first major discovery in Focus 10 is that human mind-consciousness can operate, think, reason, "feel" without the strong physical sensory input signals previously deemed necessary. Hence, a new kind of freedom is born. The key implication is that one is indeed "more" than the physical body, that one can exist with or without it.” "Ultimate Journey" p.278.

Focus Level 11

Color: rose. Geometry: a vertical plane where it is possible to descend or ascend energy from other levels. F11 is a healing level in which conflicting energy is neutralized through guidance and comprehension. It gives you the ability to program your body and mind with whatever abilities you want by using affirmations. It allows communication and portals between levels, as well as access to the subconscious. A love state can exist at this level where spirit can dissolve ego through negotiation to reveal truth, growth and understanding. It establishes transmutational contact with guides and higher aspects of self. This level is another opportunity to begin the quest for reintegration and healing of self from higher and lower levels. Fourth level where animals may appear as spirit guides.

Dr. Joe Gallenberger uses the term F11 Access Channel. *"In this state one's body is asleep, but one's awareness is directed at the body's systems."* A very basic introduction to utilizing this level is in Joe Gallenberger's MC Squared psychokinesis course that is also available through Syncreation.Com as home work-study. One also gets a passing exposure to this in Bob's Monroe's Gateway Voyage CD Set lessons that pertains to body color sensing.

A quote from M. R. Sadigh, PhD:

"it was established that subjects who had exposure to H-PLUS tapes were able to synchronize their brains by merely counting from one to eleven and quietly saying the words: "Access Channel open." The first study showed full beta synchrony at Focus 11, the Access Channel." F11 is access to program the physical body with whatever physical ability you want. "Encode + Create."

Inside your "reball sphere," the world is reflected through your protective filters.

While meditating, F11 is visualized as a space with a ground and a solid flat plane above. Tendrils of flowing vortex energy swirl in columns between the layers of F11 and F12. There is the sense of emerging from a swimming pool onto a cement deck when entering F12. I visualize grabbing the edge of the pool and pulling myself up to the cement edge. I leave water footprints and hear my footfalls slapping the smooth floor as I enter F12.

Consider what happens when someone declares their love for you. Consider the various reactions that could occur. Even if you liked and trusted them, you may reject this love because you need to get to know them better before making such a commitment, allowing them into your personal space, or the reball you created in F10.

This is your ego's personal space. Your personal space would vanish if you were completely in love; you would be completely open and vulnerable. See how the ego is useful and



protective and yet dissolved by love? In F9, you solidified your understanding of the outside world that you experienced in F8. In F10, having protected yourself inside a reball, you are exploring the world and balancing what you think the world is with what you can verify. In F11, internal and external resources are being made available to resolve any deeper conflict. This new information challenges concepts such as personal identity and beliefs.

The reball is to make you feel comfortable, safe, and protected. Not everything in the physical world has the same interest as you and some of those interests will exploit you. F11 is your understanding from the reflected world outside of yourself but it has to be reconciled with truth or consensus reality. Being inside of the ego bubble it is possible to become removed from the truth and even unaware to the point of affecting those around you; such as in the case of addictive behavior.

In F12, you can dissolve the ego boundary so you can let in the healing and entertain the idea or lesson that is challenging your ideas about yourself. When you are first in love you are transparent. You believe the other person is also transparent and they are the same as you. Humans are fallible but God is not. See others as having a divine spark and being on a spiritual journey. This is what makes you and them transparent to each other. Love in this way. Forgive them as you forgive yourself. A secret is when you learn to love and forgive others, this skill extends to your relationship with yourself and God. You are worthy of love and forgiveness. Practice by giving your forgiveness to others. Your heart awareness will expand along with new opportunities in your reality.

Focus Level 12

Color green, Geometry: Vertical descending. F12 is closely tied to the next level. The predominant feeling is tranquility, a sense of inner peace and awareness of the love consciousness. As Bob says, "the state of expanded awareness," F12 is used to look outward in remote viewing, and OBE. It is the fifth level where animals will appear. F12 is the location of the Throne Room. It is a great place to enhance intuition. This level is a healing state where guides and guardians can teach and assist in learning adventures and exploring nonphysical realities. This is a place where decisions and possible consequences can be explored. Enhanced problem solving is available because you can visualize an object or scenario leading to enhanced creative expression. There are two ways to move on from F12. One is to take an elevator. The other is to look for an entrance leading to stairs going up.



The throne room is a place to allow personified guardians to have a throne to sit on. If you have a persistent thought that will not go away when you are trying to meditate, personify it. See it as a person and negotiate with it in this space. Listen to what it says and tell it you will give it a robe and a throne in this place to sit and stay. Often just giving this thought a voice is all the attention that is needed to acknowledge and gain its cooperation. If it has a message it can tell you as you have to pass it moving through F12. This is its opportunity to pass on messages. Because this is a part of the ego, its fear is it will die if you are not giving it attention. By giving this personified thought a place to exist, a voice to speak, and a purpose to see you; its fears are replaced with a willingness to help. Then these thought forms will not randomly manifest in your thoughts as you are trying to focus and concentrate. These personified guardians can accompany you on to higher focus level adventures. The guardians can provide additional focus energy. They can step in to deal with distractions and help in difficult situations. At some point you will pass through F12 and the throne will be empty. This means you have resolved that thought. There are many thrones available as each alcove has a throne for guardians to rest. This is one method to neutralize karma if you identify with that concept. You can see how creatively responding in love to all of life's challenges yields a result that moves you forward to another level of understanding.



Bob Monroe spent a lot of time on certain focus levels such as F10, F12, F15, F21, and F27. These levels were significant

because they are identifiable divisions in brain wave patterns. The early focus levels are where tools are developed in the Gateway meditations. Tools such

KARMA	
FEAR-BASED	LOVE-BASED
You reap what you sow. Karma is the consequences, both good and bad, that are brought to you based on your actions, good and bad. You are judged for your actions.	Karma is a gift that brings you lessons for your soul's personal growth, and will continue to bring these lessons back around until you have learned them.
OurAscension.com Social Network for Lightworkers	
From the Free Workshop "Understanding Your Energetic Body and Mind" by Bob Monroe	

as Reball, Energy conversion box, Light Bar, and introduction to guides. These focus levels are assigned to specific types of activities, such as Alpha Delta (mind awake, body sleeping). This is where you practice maintaining conscious awareness. As the body rests, physical sensory inputs are replaced by virtual body inputs. You learn to see, hear, taste, smell, speak, work with your hands, and move in this meditative environment. It is normal for your attention to drift to aspective thoughts or to fall asleep. This is where having a guardian to protect your awareness and resolving aspective issues allows for focused and peaceful meditations. Some people invoke their spiritual guides, such as Jesus, for this purpose.

Bob Monroe describes Focus 12 in his book “Ultimate Journey” p. 279.

“This may be loosely identified as a state of expanded awareness. Induced by additional sound patterns, Focus 12 is a phase state with still less attention to the physical body and more movement into (M) Field energy. With the continued lessening of physical sensory input, perception of (M) Field patterns becomes progressively clearer. It is not unfamiliar territory. In physical waking consciousness, the overwhelming sensory input from the physical body covers most, if not all, of such perception. The only penetration usually occurs during sleep or other states where human physical consciousness has been abandoned. The difference in Focus 12 lies in the fact that physical consciousness remains active and alert, under your own control. In early exploration, colors, shapes, mental pictures both still and moving may appear—the stuff that dreams are made of. As the mind takes charge and begins to learn the (M) Field language, as it were, an entirely new vista is opened, waiting to be experienced and assessed. Unknowns become knowns at a rapid rate in this new context.”

The important point to learn here is there is a change in the relationship you have with the internal dialogue you have with yourself. As you work to resolve these distracting thoughts you will become thankful when these thoughts present themselves for you to pay attention to them. These thoughts come from the unconscious or they may come from outside of your being but have triggered a memory within your being. When you have a constructive way of resolving these thoughts you gain in personal energy in the form of focused attention. The length of time and your ability to focus will increase and these issues and fearful things you may have avoided from your past are more easily healed and resolved in a constructive manner. This is the way to raise your level of consciousness. Respond to all situations with creative love. Find a way to say thank you.

Focus Level 13

Color purple, Geometry: Ascending ellipse. F13 allows transcending to higher levels. Visualize a set of stairs leading to F14 with no perceptible difference or separation. This is another level where animals will appear.

Expanding in new areas of ability. In this level you become aware that mastery of the current skill has opened new opportunities. You see that mastering this skill is to understand other abilities are available that you had not considered possible. You see the unity between things that seem at the surface impossibly different. Patterns and methodology become revealed to provide a deeper understanding. You see the blockages that are preventing growth and resolve them with help if necessary. Regrets and karma are resolved. Forgiveness of self and others becomes easy and necessary. Mercy from a higher being resolved all else that is beyond your capability. This mercy, if accepted, eliminates all blockages allowing passage to the next level. You now bridge the gap and are aware of these other skills and abilities that are available to be explored.



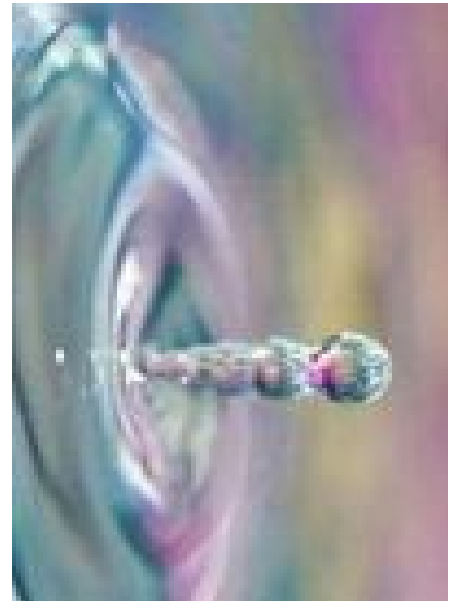
Bob does not say much about F13 but from what we know about octaves, F13 is like F27 except it is more closely associated with the physical. Some ways of thinking about this level are knowing you have found the answer, the right doctor or the solution. The feeling when you realize you are healthy after being sick. Perhaps realizing you have won some victory large or small. Resting in peace but being coached along to something even better. Maybe even acknowledging that a miracle or synchronicity happened. For some reason this focus level is easy to move through and has a lot of benefits. The following quote by Paula D’Arcy expresses this idea of love as a vehicle to greater understanding.

“Yet the force of love that sustains life is not a concept, and there are not a set of holy conditions to attain. As I opened my heart, love moved through the pain and slowly changed my sight. Things that once seemed fixed and defining were unmasked.”⁹

⁹ Paula D’Arcy, “A Surrender to Love,” *Oneing* 5, no. 1, *Transformation* (Spring 2017): 93–94.

Focus Level 14

Color white, Geometry: Circle. This level is a full circle because it is at the edge of groups of the seven resonant colors levels. Now we enter the level of human consciousness. It is the end of one kind of thinking and the beginning of another level of organized thought. A level where animals and humans can appear. Bob refers to levels F14 through F21 as where the I-Here of me exists. F14 is a transition area. This level pulses light that radiates out to touch all other focus levels. It is the pulse of spirit, life and knowledge. This membrane is like the scene in Stargate when Daniel Jackson sticks his head into the Stargate. A total understanding of the previous levels, anticipation for the next experience.



In meditation, I see a set of stairs leading to F15 with a noticeable membrane that has to be pressed through to reach F15. I can stick my finger into it and it is like water but my finger does not get wet. It is transportation to a different bubble of reality. This membrane is more noticeable than the transition from F7 to F8. The hard thing to understand about this level, for me, is that I think I'm entering it when in reality I'm leaving it. For example, I thought I was entering a pool of water but I was really leaving the pool of water and going into something less dense like air. Thoughts are different here. Yes, I could move freely in the last bubble, but here there is something more. Innovation, creativity that is not just reproduction, and a sense of the planet and my awareness of being on it. I am aware of outer-space.

Now that I'm realizing myself I can see that I came from a reality of life and death struggle. To attack and eat or be attacked and eaten. Yes, I planned but it was for survival. Yes, I was social but it was for protection and to stave off fear of things real or imagined. Now that I am thinking with a human mind I can be better than that. I can recognize that I have the right to exist. I am a sovereign being. I have wants and desires that are greater than my own self survival. I can stretch out and experience others. I can recognize that others have needs, wants, and desires. I can recognize their sovereignty. While I may still see others as competing for the same resources I want, I can recognize that a situation can exist where we can trade to produce a win-win situation. In the ego stages this is Ego Awareness.

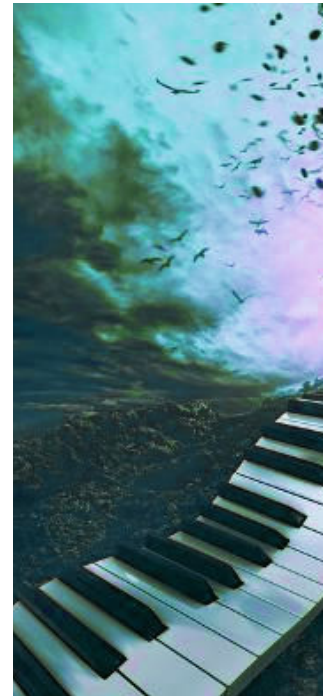
F14 is a comprehension of what Bob refers to as "Earth Life Systems." F15 to F18 are still in the physical realm, and thus can be experienced through our senses and physical experiences. Within these focus levels, the human consciousness operates. Higher levels become less dense and less tangible, and we must experience them through our virtual senses. Prayers, ideas, imagination, visions, and OBE are examples of virtual senses.

Focus Level 15

Color blue, Geometry: Horizontal. A relaxed security state where the conscious is learning and testing to feel comfortable and understand how this level operates. This is the real event, now. The flash of intuition. The moment of genius you spend the rest of your life describing. Bob calls this level where the I-Here of me exists. Humans can be found on this level. This is a level where decisions are made, to stay here, return to the previous level, or to move on. As Bob Monroe describes it, "the state of no time."

In meditation, you emerge from the boundary layer to a darkened blue space. It is possible to see pockets of time arrayed before you like keys on a piano. To access a period of time or a specific memory simply touch the key and the memory for that time period will appear.

While you are more aware of time in this level, you notice that with the raising of each level, time is more flexible but space remains the same. Bob said in an interview that "you can go to F15 and experience nothing because you have to initiate what you want to see." For this reason this level can be very relaxing and quiet. Like going to the library and picking the video or book you want to experience. The relaxing aspect of this level is important because this is where you gain information from the "real."



Session 13 SHE 03:43

"I can have better contact with her when she is outside. And when she relaxes and becomes in touch with what is happening right then around her."

For Miranon, no better medicine was available to mankind than to walk correctly being present and in tune with nature.



The lantern of guidance exists on F15. It is typically seen as dark and outside of space and outside of time. It is dark because it contains the possibility of anything happening at any time in the past, the present or the future. In some meditations this level is seen as a black and white snow pattern on an old TV screen with no signal.

Here is what Bob Monroe said in his book "Ultimate Journey" p. 289 about Focus 15.

"This marks another step in the phase relationship, with a smaller percentage of attention in physical matter and more in the (M) Field. The concept, or illusion, of time is dropped from the pattern; thus Focus 15 may be identified as a state of "no time."

Focus Level 16

Color red, Geometry: A horizontal layer where natural awareness of moving into a higher plane is not obvious. It is easy to form attachments and believe that you are the attachment. Specifically, at this level, it is memories that you are attached to. You are not your memories. Your memories are something you have. Any entity encountered at this level is independent and typically alone. This level is a mirror image of the previous level. It is your own creation, an interpretation of what you remember. It is therefore possible for you to change the memory by changing your interpretation and perception of the memory. Bob calls this the level where the I-Here of me exists. Humans can be found on this level.



Through self-reflection, I am able to realize the possibilities and explore new capabilities. When you see an image, do you recognize yourself in it? Can you identify yourself with other people? Do you hide from it or attack it? Do you see that an opinion is not who you are? The opinion was more than likely given to you by someone else, like an old coat. You can wear it or change coats because you have the freedom to choose. Seeing your public persona through the experiences of others, who have their own lives separate from yours, is a great leap in self-understanding. Reflect on your response to the images the world shows you. Take a lesson, because your reactions can reveal a deeper understanding of yourself. Then let go of that incident like a balloon on a windy day. From your point of view, when you do this, your authentic self will shine through.

In self-reflection, you honor your past and the past of those who came before you. You honor their struggles and reflect on their lives in relation to your own. Find a way to be thankful for their sacrifices so you can realize your own. Some practical ways of doing this include looking through a photo album with a friend or loved one. Visit the cemetery and bring some flowers for those you know there. In your prayers and meditations, visit your memories of them. If you want to, there are higher focus levels, like F21-F27, where you can visit with these people. In meditation and prayer, you are accessing these memories by creating a space to resolve any unfinished events. Even if it is imagination, the brain does not know the difference.

It is necessary to resolve and unify both the good and bad times so you are able to neutralize your attachments. If you understand, you can forgive anything and be forgiven, especially if you do not deserve it. Grace, mercy, and love open you up for spiritual growth and the ability to progress to higher levels. At the reflection level, you may only become aware of the incident as it surfaces. Collect these memories like treasures of light surfacing from the watery depths.

Your public persona can have its own life separate from you. At this level, you become aware of your

public and private personas. You may even begin to compete with your own public image in an attempt to control it and shape it to more closely match your ideal and the expectations of those around you. Attachment is formed when you believe your own propaganda. You sow the seed of self and spread it out to see what attracts positive attention. You are not this public image. Let go of that and understand yourself from your perspective. When you do this, the rest will fall into line. Others do not define you.

This is the stage of ego awareness where you can successfully tune into your inner world. You observe your thoughts as being separate from your awareness. You notice when ego is activated (triggered). You become less attached to ego stories as "truth." The ego is still activated, but it does not drive choices, habits, or patterns of behavior. Soon, the realization that "the observer or witness" is a possibility and will drive your life. You can let go of opinions and not feel the need to defend them because they do not define your identity. An opinion is not who you are.

When someone is angry with you for not sharing their opinion, you can respond with "I am sorry you feel that way." Internally, you can let go of the attachment. It is okay for you to be sovereign and to recognize the other person's sovereignty. If the other person does not respect your right to have your own thoughts, now you understand them for where they are on their spiritual path. Bless them by thanking them for sharing their position and let them go in peace.

Remembering parts of yourself from the past that you may or may not be proud of. This level is reached easily when you have a quiet moment. First start to meditate or lay down to sleep. If you do not consciously access a memory, a random memory will surface like a sphere of light from the depths. Use the skills you learned in F10 and F12 to gain the cooperation and acceptance you need from these memories. Each memory has the potential to give you more energy to focus longer. This is because attention is used to sustain these unresolved incidents. As you resolve these memories, they give up the energy to grow your current attention and focus. These memories are gifts, and you are blessed to have them seek you out. Collect them and use them to fuel and grow your focus. Processing these memories is the same as recovering parts of yourself in LifeLine exercises. In LifeLine exercises, you have to actively seek out the lost parts. Here, they just come to you. Most people respond by rejecting these thoughts as a nuisance. Change your perception and see it as an opportunity.

These memories and internal experiences follow a progression and loosely can be associated with moving up the focus levels. General categories for the types of experiences someone can have are described by Rick Strassman.¹⁰

"The first is "personal," which refers to experiences based on personal issues that might be difficult to accept. The second is "transpersonal," which are novel experiences in terms of quality and intensity, but they have some basis in the subject's previous experience. Mystical and near-death-type experiences may be grouped in this category. And the third is "invisible worlds," which involve encounters with autonomous, freestanding realities seemingly inhabited by alien beings capable of interaction."

¹⁰ <https://www.rickstrassman.com/biography/>

Focus Level 17

Color yellow, Geometry: Horizontal. F17 traverses the middle of the previous two levels. Bob calls this the level where the I-Here part of me exists. Humans can be found on this level. This level can reach directly into other spheres where your brain and mind are more coherent, synchronized, and balanced.

Deal with distracting thoughts by seeing them as bubbles independent of your sphere. Then place these bubbles in the energy conversion box to be studied and given attention later. When you see these thoughts as a part of you but independent, at some point, you realize this part of yourself that is in the bubble is like those encapsulated thoughts. You can observe the observer.



In the ego stages, this is the ego integration stage. The ego is fully strengthened and has self-autonomy through acceptance of the shadow self and all emotional states. Sometimes this is referred to as the ego death, but we know that the observer is gaining the cooperation of the ego to serve a useful function and assist with focus and awareness. In this state, the awareness is beyond thoughts that do not have to assign meaning to life experiences. This is emotional mastery.

Focus Level 18

Color: rose. Geometry: a vertical plane where it is possible to descend or ascend energy from other levels. F18 is a healing level where conflicting energy is neutralized. It gives you the ability to program your body and mind with whatever abilities you want by using affirmations. It allows communication and portals between levels, as well as access to the subconscious. From this level, establish transmutational contact with guides and higher aspects of yourself. A love state can exist at this level where spirit can dissolve ego through negotiation to reveal truth, growth and understanding. This level is another opportunity to begin the quest for reintegration and healing of self from higher and lower levels.

Bob calls this the level where the I-Here part of me exists. Humans can be found on this level. It is the state of unconditional love and heart energy.



The healing, heart-based levels are likely to be where you have the most profound experiences. It is the place where a loving connection is formed, resulting in a bond similar to that of a mother and child. In this level you can experience acceptance, kindness, grace, and forgiveness. It is the fourth level where animals may appear as spirit guides.

Imagine you have access to a time machine in the future. Your future self travels back in time to meet you and share their knowledge. Because they are you, they understand who you are and have your best interests in mind. As you converse with this future version of yourself, they answer all of your questions, but more importantly, they assure you that you will survive and that you are accepted and loved exactly as you are. You are not flawed and require correction; rather, you are developing and growing into the person you will become. You can easily solve problems as they arise because you have developed a diverse set of skills, talents, and ways of thinking. Others will seek your advice, comfort, and wisdom in the future, just as you are currently doing with your future self. When you access this future version of yourself, you gradually transform into that person.

Focus Level 19

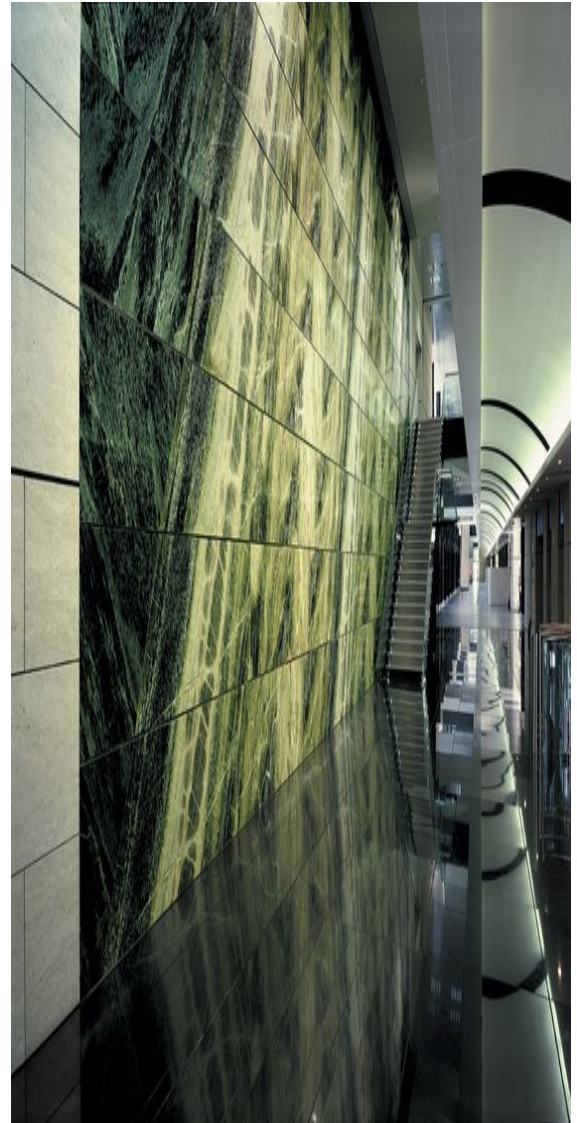
Color green, Geometry: Vertical descending. F19 is closely tied to the next level. The predominant feeling is tranquility, a sense of inner peace and awareness of the love consciousness. Bob calls this level the "I-Here" level, where my self exists. Humans can be found on this level.

Tranquility, a sense of inner peace and awareness of the love consciousness. This level is like F12, yet at a higher, less dense, more idealistic level. The green level can be thought of as normalizing. The explorer uses the new information or ability with ease. A phrase like, "We do that all the time" is a good example.

Increasing levels is a function of the expansion of awareness. In this case, new awareness is expanded from individual concerns to an awareness of the afterlife or global consciousness. At this level, abilities are explored through adventure, exploration and experience are gained. This is having mastered a skill or learning it to the point of being able to innovate and creatively apply skills in new ways. Problems are easily solved, and there is a high degree of confidence in applying the ability. The explorer may teach or write about the subject to pass along the skill to others. Green is healing, like the rose level, and it is associated with the purple level. This is where finding and resolving past trauma, resolving internal conflict, learning to forgive, resolving opposites, and making more wise choices are learned. Healing and learning begin with a lesson in humbling the ego through love, finding gratitude, mercy, and forgiveness. Depending on the difficulty of the challenge, the explorer may exist between the green and rose level for an extended period of time.

The word "normalize" has some implication in how to understand this level better. Consider how a wave rises, crests, and then falls. After the chaos of the froth, the water settles into a calm pool. The water rushes out to meet the next wave, and the cycle repeats. A pulsing and refreshing of the contents of the pool.

A thought can also pulse like a stone dropped into a calm pool. Many thoughts rise to the surface, churning the waters of consciousness. The consciousness is then tossed around on the surface of the water, causing distraction. The rock can be seen and traced back to its origins, as well as where it ended up when it hit the bottom of the pool. This visualization will assist you in determining the origin of persistent thoughts and impulsive actions. When you become aware of the source event, you can use the seven resonant colors to alter your perception of it. Becoming aware and realizing you can do



something about the thoughts you have about the event expands your awareness. You level up.

Focusing more closely on the wave, you can see it rising. The wave is exciting, like the first part of climbing up a roller coaster ride. As the car rises at the beginning of the ride, then plunges, and as the passenger, you experience the associated feelings. Any event has the possibility of these kinds of experiences and feelings. If, on the other hand, you had ridden the roller coaster hundreds of times, you would be able to anticipate the feelings, both emotional and physical. The thrill of the climb and the plunge on the other side would be completely understood for all of its effects. It is not that the ride is not fun, but your reaction will be normalized. The event is the same; it is your reaction to the event that changes. It is possible to think of this normalization as getting so used to the situation that it is boring. This kind of thinking is a lesson in itself. Consider the skills needed to defuse a bomb. Yes, you may have mastered it to the point of boredom, but that does not mean you are not paying attention to the job as you are doing it. Being at the purple level is being at this level of familiarity and having the wisdom to pay attention, knowing that losing focus could be perilous.

Normalizing is another concept that is related to grounding. We typically think of grounding as something to do to get in touch with reality or the F1 state. Taking off the shoes and feeling the grass or the sand is important for grounding after meditation. However, the same thing can be done at higher levels to ground the consciousness and make the experience at that focus level more real. You are not using your physical sense to do this grounding in higher focus levels. Bob Monroe referred to these other senses as the "second body."

Focus Level 20

Color purple, Geometry: Ascending ellipse. F20 allows for transcendence to higher levels. Bob calls this the level where the I-Here part of me exists. Humans can be found at this level, expanding into new areas of ability. At this level, you become aware that mastery of the current skill has opened new opportunities. Mastering this skill means understanding that other abilities are available that you had not ever considered possible. There is unity between things that seem, on the surface, impossibly different. Patterns and methodology become revealed to provide a deeper understanding. You see the blockages that are preventing growth and resolve them with help if necessary. Regrets and karma are resolved. Self- and other-forgiveness becomes both easy and necessary. Mercy from a higher being resolved all else that is beyond your capability. This mercy eliminates all blockages, allowing passage to the next level. You have now bridged the gap and are aware of these other skills and abilities that are available to be explored.

You are able to innovate by combining previous knowledge and skills together to form new and unexpected results that allow the piercing of the veil into the spiritual realm. Unlike others having a near-death experience, you are making this journey with your own intention. It is easy and comfortable as you step into the light and experience the next level of consciousness that is usually only discovered by going through the dying process.

While you are more aware of time at this level, you notice that with the raising of each level, time is more flexible but space remains the same.

In the previous level, you learned to normalize a skill. At this level, you can make it your own. This level represents the peak of skill mastery. When one is at this level, it is possible to gain insight into how other skills and abilities are the same. You can see the unifying thought behind what you do and experience. A discussion about the skill sounds philosophical. For example, "as I view the tennis ball, time seems to slow down."



Focus Level 21

Color white, Geometry: This level is a full circle because it is at the edge of groups of seven resonant colors levels. Humans can be found on this level both alive and deceased. This level pulses light that radiates out to touch all other focus levels. F21 is a total understanding of the previous levels. It is at the very edge of human perception of the time/space continuum.

While meditating, the mind remains fully conscious and active. In order to ground myself in this space, I visit Cafe 21, near the bridge. The cafe has a mirror in the window where I can look at my reflection and see what I look like here. I have a seat at an outside table. When I sit in the white wicker chair, I lean forward and rub my hands across the wicker table. I feel the bumps. The wicker just slightly catches on the calluses of my hands. I poured a cup of tea and set it in the empty chair across from me at the table. In the middle are the cookies and jam-topped tarts on a small white plate. I sip tea often and wait for an entity to join me for tea. Eating and feeling the texture of the table grounds me at this focus level. This is also an opportunity for any guides or unconscious thoughts to speak up. We can talk here. Just be open to an encounter, no matter who sits down to have a conversation. You can also meet other people who are doing an OBE, at Cafe 21. Off in the distance, I see a bridge. A mountain range is in the distance, but it is usually foggy and the mountains are obscured. This place is way up in the air. I know this because when I look over the bridge, I see many floors of a white round building stretching into the fog below. A friend of mine has an apartment just a few floors down, and I sometimes stop by to see her. She always has a party going on with lots of people and music. There is a bridge within visual range of the cafe, but the walkway wraps off to the left in a grand circle past the bridge, and there are many more bridges if you walk further down the road. The bridge is important because it leads to other mirror dimensions. You can travel across the bridge to other energy systems. Witness the reflection and travel through dimensions to alternate realities to discover extraordinary states of awareness. You can ask for assistance and guidance from those whose wisdom, development, and experience are equal to or greater than your own. Dimensions that exist beyond physical time-space reality are available to be accessed.

The levels below F21 are mainly inhabited by people in physical existence. Beyond F21, this is not the case.



"Ultimate Journey" p.280.

"Focus 21. This state is the equivalent of deep (delta) sleep in ordinary physical life activity. However, the mind is fully "awake" and conscious, directing the action. Focus 21 seems to be the maximum range of comfortable phase relationship between time-space and (M) Field participation, the "edge" as it were. From Focus 21 it may be possible to verify individually at a personal level the contents and concepts included in this volume."

What is seen as material becomes less dense and less tangible at this and higher levels. To experience these other levels, we must use our virtual senses. Prayers, ideas, imagination, visions, and OBE virtual senses are not limited by time or space and do not require the presence of a body.

This level will be visited by those who have died. This is the white light they see as they pass through the tunnel shortly after death. The majority of those who have passed will be assigned to one of the six higher levels from here. Higher-level entities travel through this level to greet and escort loved ones or to return to the physical plane.

Like a moth to a flame, energetic entities' desire and fascination with the physical plane can be overwhelming. F22 through F27 are the six levels that exist to satisfy desires and heal the spirit's attachment to the physical world. You have a one-of-a-kind opportunity as an explorer to safely observe these levels and witness the effects of attachments to the physical plane.

Focus Level 22

Color blue, Geometry: Horizontal. A belief system territory. Most entities encountered here are comatose and sleeping. Some are perhaps still physically alive but in an unconscious state. These include people in comas, drug-induced states, who are dreaming, who are insane or deranged.

When I've had a particularly difficult day, I meditate and then go to F22, where I click out and sleep. It's very peaceful and relaxing. A state of security in which the conscious is learning and testing to feel safe and understand how this level works. Those who identify with the physical may find themselves descending, unaware that they can fly. The explorer, on the other hand, will ascend because it has been trained to enter and exit F22 at will.

Transcending F22 will require all these previous skills. Also, remember that meditation is practice, not the real thing. You are safe to practice and explore. F22 introduces us to the beginning of the belief systems that can be defined as attachments. In the most simple way of looking at it, an attachment is what you think you love. You may think this idea or this material object is a part of you or is you. You fear that by losing the attachment, you will lose a part of who you are or your attachment to life.

While F22 is thought to be a comatose state, it can also be where the mind goes to escape. People reach this level by using drugs, but also by numbing the mind through automatic behavior.



Why do we need to escape to a place of the dead if life has so much to offer?

Also found here are the lurkers. Those who just sit on the sidelines and watch life pass by. In Tom Campbell's Theory of Everything (TOE), these are referred to as non-player characters, or NPCs. They live inside a small ego bubble of routine expectations and attachments. They believe they will die with their bodies until their last days, when they realize death is imminent. Then they will grasp at anything to believe and attach to any device as a savior, never realizing this is the very thing that keeps them here in F22.

It is interesting that, traditionally, the state near death is referred to as descending into the ground, so it is associated with the underworld, yet the experience of meditation is ascending. I suppose that for someone who has never faced their fear, this place would be very scary. Those who identify with the physical may descend, not realizing they can fly. An Egyptian reference to this state is: "Enter the underworld with a heart as light as a feather." Maat's test. The spiritual aspect will ascend because it can enter and leave F22 at will. Remember, you are conscious and alive. You can learn these things now. Have mercy, be of service to others, forgive, and have a light heart.

Session 3

Bob Monroe 13:17 *"At what level for example, when one passes from this physical matter existence, what is the next level that one moves to?"*

SHE 13:43 *"It will depend on what one is ready for. Normally you would move to level 22."*
(This is clarified in Miranon session 6 SHE 38:01 *"Levels 22 through 28 are your bridge. They are the levels that you enter upon death."*)

Bob Monroe 13:55 *"Can you describe level 22 for us?"*

SHE 14:04 *"It is time in which to say purposes for which you have lived are brought out. In which you decide where you will go from there. It is time to begin anew."*

Bob Monroe 14:42 *"Then level 22 is not necessarily one of pure energy such as 46?"*

SHE 14:51 *"There is a closer tie between 22 and your plane. It is not a place of pure energy. It is a place of light."*

Bob Monroe 15:27 *What choice is... Or what election may one have from level 22? You indicated that there is a choice. What choices are available to an entity at that stage at level 22?*

SHE 16:11 *"You would have before you a spectrum of choices as varied as that as the rays of the sun."*

Bob Monroe 16:28 *"Is one such choice to return again to physical matter existence at this earth level?"*

SHE 16:39 *"If that is your wish. There are some beings that have to do that."*

Bob Monroe 16:49 *"What is the factor that would force a being to do this?"*

SHE 16:59 *"If there is a mission that he has had that is not accomplished; he must return."*

Bob Monroe 17:09 *"Is that his own decision that the mission is not accomplished or is that decision made for him?"*

SHE 17:26 *"That is all one and the same. There is a knowing."*

Bob Monroe, in an interview about the LifeLine course taught at Monroe Institute elaborates further about F22.

"Well, 22, we label as a state that is not post-mortem, this is the place where the dreams are worthy. Anything that is not full consciousness in time space, occurs in 22. And as you can see, all the drug addicts are there, all the alcoholics are there, and people unconscious from some injury."

An insight is that this level is blue. That means it is a consensus reality state like what we experience as physical reality. In the previous blue state, F8, we learned that we could move, that we are not slow

movers like plants and the elements. In F15, we learned we could fly, not only physically but with our imagination. That we are capable of innovation and creative thought. In F22, we are learning that we are more than our physical body and that our awareness of being will survive physical death.

Focus Level 23

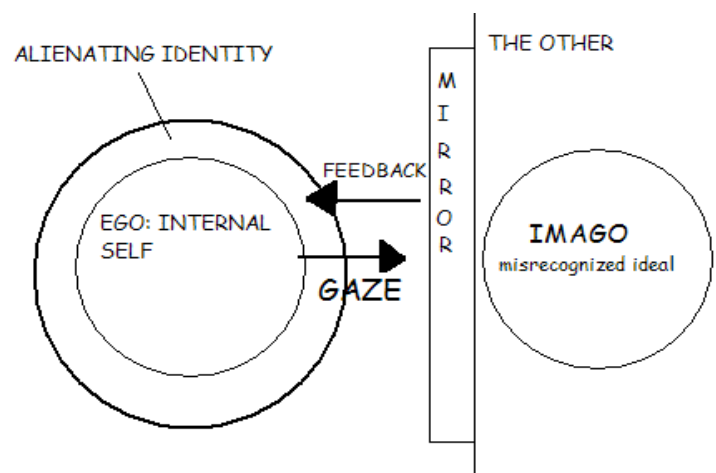
Color red, Geometry: A horizontal layer where natural awareness of moving to a higher plane is not obvious. Bob said this is where the "New Goners," those who recently passed, will first arrive. They are still attached to the physical but see the other side. It is easy for them to form attachments and believe that they are the attachment. Any entity encountered at this level is independent and typically alone. This is belief territory. The entity forms a mirror image of the previous level that they were aware of. For them, F23 is a place that conforms to their outer reality states and their expectations. The locale contains human inhabitants who are no longer physically alive and have become "stuck" for one reason or another. Often, they are confused about or unaware of their deaths. To find them, you often have to see them in their reality. You may have to shape-shift to appear as something they expect to see. Many of them attempt to maintain contact with the physical world and remain around familiar people or places. F23 is the gateway to the unconscious and shelled universe. These are the ones we call "ghosts." Focus 23 inhabitants are stuck because they are unable to leave through their own resources. The range of their free-will choices is extremely narrow. They are typically alone and completely isolated from communication with other humans. This can occur through the circumstances of their death or habitual patterns of thinking prior to death.



F23 is a place where you can go fishing for these lost entities. "Fishing for the lost." This is an interesting thing to explore. The reason is that the soul stretches and contracts. These lost parts are not lost, but they are hidden from your waking consciousness. The metaphor of fishing is good because it makes a line for the concept to form an attachment and bring it into awareness. When you recover something from these areas, take them to F27 to be healed and fully recovered.



F23 New Goners, still attached to the physical but see the other side.



Focus Level 24

Color yellow, Geometry: Horizontal. This level transverses the middle of the previous two levels. It can reach directly into other spheres where your mind is more coherent, synchronized, and balanced. Bob called this level an "inner reality state."

It is also a part of the belief territory. People here are not isolated but live in groups. All inhabitants of a specific territory are in contact with all others sharing their beliefs. People from all eras and places who have accepted and subscribed to various premises and concepts are among the residents. Contact with anyone who holds opposing beliefs is rare. In this case, free will choices are limited to those that conform to the dominant beliefs. Some appear to be heaven, while others appear to be hell. Each one is rigidly structured around the beliefs and expectations of the inhabitants. The majority of the areas are mundane, with little challenge or disruption from normal human activity. It is very easy to slip into this focus level and believe you live here.

When I pass through this level, I see yellow lilies being gently swept through a large glass of water. For the traveler, this is a place to experience from the outside, looking in. It is best to think of it as a museum exhibit. Remember all the while that you are the observer, not the exhibit. An insight to discover here is that even when an entity escapes the confines of the systems in F24, they are still in F24 just outside of the shelled universe because they are limited in their creative thought. The yellow flowers in a glass of water, for example. If you think like a plant and manage to get out of the glass, then what? You realize you are not a plant. When you are stuck in F24, you have to realize you are not a human.

You are a spirit. Do you see that it might be best to learn these things while you are conscious? Then you can just avoid this level. Think of it as avoiding rush hour in the city. You could go there and get stuck for a while, but if you have a choice, why go there?



There are a few things to understand moving past F28. I'm introducing you to this next transition because I'll have to explain a few things about conscious energy after F28. As a gift I'll also introduce you to the emitter and advanced focus levels.

As we approach F28, we will be leaving the Earth-based energy systems. What this means is that most of what is written after F28 is going to be new and should be viewed as my own interpretation of the focus levels.

At F28, the physical universe is no longer being accessed. Therefore, what is experienced in these focus levels is a symbolic representation used to record something experienced in these higher levels. To access this level, you have to pass through a physical barrier and then through an emitter. The emitter is used to project the physical universe into existence. See Bob Monroe, "Ultimate Journey," Chapter 15.

Bob wrote of a barrier in his book "Journeys out of the Body" p.65.



“On one non-physical excursion, I was speeding through nothing back to the physical with everything apparently well under control. Without warning, I rammed into a solid wall of some impenetrable material. I wasn't hurt, but I was utterly shocked. The material was hard and solid, and seemed to be made of huge plates of steel overlapping slightly and welded together. Each had a slight curvature as if: part of a globe. I tried to push through it, but could not. I went up, down, to the right, and to the left.”

I cannot confirm this is the barrier between the physical and the spiritual dimension as Bob does not specifically state this understanding of the barrier. What I do want to suggest is that we know a few things about the transition to F28. Bob specifically said F28 was *"Beyond not only time-space but human thought."* "Ultimate Journey" p. 249.

From F24, it is possible to look off in the distance and see a brown-orange line. In physical reality, the largest structure found in our universe is the Great Wall. The Hercules-Corona Borealis Great Wall is a massive structure of galaxies measuring around 10 billion light years across. Its existence was discovered by astronomers charting the locations of gamma ray bursts that had been detected by the Swift Gamma Ray Burst mission. Its discovery was announced on November 5, 2013 and it lies around 10 billion light years from Earth.

It is theorized that this structure, or an even larger structure, encompasses the great wall. Nonetheless, if you were to look in any direction from Earth outward in the night sky, you would be looking at it. This is the same thing the Miranon material says about the spheres that contain each of the seven resonant colors levels we exist within. Our consciousness exists within our level of understanding. Transitioning from one sphere to another requires a stretching of consciousness. To make this next transition, we will move beyond the great wall.

A few reminders about the source of this next section of information: In other words, we will be leaving behind familiar, tangible human experiences.

A few points on dogma. Dogma is like a cooking recipe. If you follow this procedure, you will get this result. I think there has been a reluctance to write about the focus levels and the way to reach them because it should be a personal experience filled with your own imagery. When I tell you of my experience and my visions, I am making them dogmatic. I have used Bob's books and other materials, citing chapter and verse like it is dogma. At this point in time, I am unable to discuss the material in any other way. But I think you are bright enough to realize the difference between my examples and having your own experience.

Focus Level 25

Color: rose. Geometry: a vertical plane where it is possible to descend or ascend energy from other levels. This level is limited only by fascination. F25 is a healing level where conflicting energy is neutralized. At this level, you can to access and program the body with whatever ability you want. It allows communication and travel through portals to other levels. This level is a love state where spirit can dissolve ego to reveal truth, growth, and understanding. At this level, it is possible to make transmutational contact with guides and higher aspects of oneself. This level is another opportunity to begin the quest for reintegration and healing of self from higher and lower levels. This is a part of the belief system territory.

Personal belief systems are fascinating and will captivate your attention. When you enter this level, maintain your distance. This vibrational frequency corresponds to the expectations of participants in a particular belief system and is manifested in this nonphysical location. It is created and maintained by the energy of those who subscribe to that belief system. At some point, the consciousness within the belief system desires something other than simply meeting expectations. This desire then causes a shift in awareness frequency, allowing consciousness to shift to another dimension. This focus level expresses the major organized religious beliefs, but it also expresses what you believe is real.

The insight to learn from this level is that love isn't a thing you possess and have. You become love and it is you. This is how you transcend F25 if you become stuck at this level. This is a place best to experience from the outside looking in, much like F24. It is best to think of it as a museum exhibit. Remember all the while that you are the observer, not the exhibit. I once visited this place and discovered it was very attractive. I immediately forgot I was an observer. My attention was fully occupied with a life-and-death scenario of climbing the ridge of a mountain. One missed step and it was certain death. I remember falling back into myself in bed as though my body had been hovering then dropped a few feet above the mattress.

It is possible that we are trained in our dreams to repeatedly reach this level. It is very compelling to fulfill personal desires and learn things about what attracts us to life in the physical. An insight here is that the very things that preserve life also prevent spiritual growth. This can be very confusing, but it is simple if you understand the role of the ego. Ego keeps you alive. It forms attachments, creates boundaries, and causes separation. These things are necessary to survive in the physical world. But this is not physical. This is F25, and you have to unlearn ego boundaries at this level. As an example, consider the mountain climber. He is experiencing the love of life through conquering the fear of death. In F25, this is meaningless. He can fall as many times as it takes to learn that he will not die. Therefore, there is no love of life and no fear of death. In this place, there is only the realization of love, and then you can leave.



Focus Level 26

Color green, Geometry: Vertical descending. F26 is closely tied to the next level. It has a feeling of tranquility, a sense of inner peace and awareness of the love consciousness. This level is limited by abstraction. Tranquility is a sense of inner peace and the awareness of love consciousness. This level is also a belief system territory. Certain areas, few in number, have been identified as containing the structures and knowledge of various highly individual religious and other beliefs based on direct experience of self. These areas contain afterlife expressions of spiritual traditions throughout human history. Inhabitants of a specific territory are joined by others who share their beliefs.

Free will choices here are restricted to only those compatible with the prevailing belief systems.



I'll expand a bit on the mountain climber's experience in F25 by breaking down the awareness events. As you drink your morning coffee, your awareness easily moves from subject to subject, mildly interested in this story. A story about mountain climbers catches your attention. Your focus changes as you concentrate on the moment. Reaching down, you feel the snow and pick it up, the wind howling and the cold crispness biting at your cheeks. You taste the cold snow and it melts, causing you to cough. Your body weight shifts and you now realize you are dressed in heavy protective clothing. The clanging of metal clamps and a tug from the safety rope restrain you as you fall forward. One hand grasps the rope and the other swings wildly until the ski pole plunges into the snow and you find your balance. You hear a voice inside. "Pay attention, this is real. One false step and you'll fall." Then, from outside, you hear, "Are you all right?" Before you can even think of a response, you hear a low booming voice, "YES! I'm just dizzy. I'm better now!" You snap back to your present awareness and set down your cell phone.

Here is a list of the awareness components:

1. You. The reader is the observer, the director of your awareness.
2. The subject, the event, the person, the body, having the experience
3. The grounding, where you convince your awareness that this is real by sensing the cold, the wind.
4. Your awareness feels the feedback sensations of the environment and your body.
5. The ego steps in to warn you. "Pay attention, this is real. One false step and you'll fall."
6. The others were outside. "Are you all right?" They reinforce the idea that this is real.
7. The realization: you are not this body because it reacted without you. "Yes! I'm just dizzy."
8. Return to your bubble focus level of what you believe is real.

Focus Level 27

Color purple, Geometry: Ascending ellipse. This level is an ascension state. It allows transcendence to higher levels. F27 is a thought responsive environment where you can manifest any thought and it will persist as a real object in F27 that others can also experience. In the Monroe meditations, this is where the park and reception area are located. This entire level is an afterlife area created by non-corporeal humans. Included are centers of activity providing for the needs of human beings in their continuing development in the afterlife, such as education, life review, healing and regeneration, planning, and many other activities. This is a meeting place for higher and lower-dimensional entities. Opportunities exist to send and receive messages. This entire focus level is our "scratch pad" for learning to be co-creators with God. The Universe gave us an entire dimension in which to try out our ability to create. You can go to F27 and meet the entities that helped you design this physical life. There is a university, a Monroe meeting room, and a special place you can create for yourself. The Afterlife is the area of greatest free

will choice for its inhabitants. It's an area created by humans and often resembles physical Earth environments. Contact and communication are open between all inhabitants. Many people living in F27 provide assistance to new arrivals in their adjustment to living in the afterlife. It is a highly organized and structured area. There are centers of activity here providing for the needs of human beings in their continuing development in the afterlife. In my explorations, I've found centers for education, life review, health and rejuvenation, planning, scheduling, rehabilitation, humor, and many others. This level is at the edge of human thought capacity. The site of a way-station (not a terminus) for rest and recovery from the trauma of physical death.

F27's facilities include the Education Center, which is more akin to a university and hosts lectures and classes. Any book can be found in the library or hall of records. There are offices with staff who are eager for your help doing research. Once you can establish your presence at this level through meditation or OBE, your education will begin.

The Hospital's Healing and Rejuvenation Center is a place where any injury can be assessed and treated. The overall message is to give and receive love because it heals the most quickly. You can lie down on a table and have every injury and its history analyzed. You will realize that one injury caused other injuries to spread throughout your body. Finding the source of the problem leads to true healing. The core injury can be removed by accepting the situation and blessing it in love. Healing the light body will result in healing the physical body.

This region is the limit of the Earth Life System. Although one may find non-human intelligence in all levels, beyond this level, F27, is the realm of the non-human, non-Earth-based forms of life, physical or not.



F27 is a very powerful state of awareness that provides numerous opportunities to connect with creativity, information, and healing on your journey to self-awareness. It connects you to the universal love energy, which contains all of the peace, joy, and essence of your true self. Expect to connect with nonphysical intelligence as well. You can ask for physical healing, emotional healing or release, forgiveness, or the opportunity to strengthen your fundamental life force. Investigate your "I-there consciousness." You are aware of your origins and bring experiences from "there" that can be anchored "here." Many people bring back a new skill set that includes better exploratory skills and stronger nonphysical communication skills.

The only thing that is required is to understand that after F27, thought is a limiting factor. You are simply a being, a point of consciousness. You are not your thoughts.

All the facilities in F27 are to demonstrate the finality or the expression of that unfulfilled desire of physical life brought to its conclusion. Dance, meditation, the arts, all books and learning. This can be explored to its conclusion. You can finish learning what you started on Earth in F27. Your entire creative potential can be expressed. If you are unable to fulfill this potential in F27, then you can return to the Earth plane and learn there. But you have the potential and opportunity to move on from F27 to higher realms.

The other thing to understand is the norms of a consensus reality. You are able to innovate by combining previous knowledge and skills together to form new and unexpected results that allow the piercing of the veil into the spiritual realm. Unlike others on this level having to recover from the trauma of the death experience, you have made this journey with your own intention. You were able to experience a thought-responsive environment. You learned to create objects on F27 and see the effects of their creation. You have met other people who have passed away and who have recovered their awareness in this place. Now that you have mastered this level and what it has to teach you, it is easy and comfortable to step into the light and experience the next level of consciousness. You can experience this change in consciousness because your awareness and focus are strong and protected. A decision is made at this level to return to the physical levels or to continue on to higher planes of existence that are not related to physical existence. It has always been possible to move freely between levels and occupy many levels at the same time. Existence from this point forward is only energetic and becomes less and less tangible to be described by language or experience.

F27 is a thought-responsive level for:

- Learning to create and manifest thoughts.
- Completing lessons and fulfilling ambitions started on Earth.
- Evaluating your progress toward becoming a whole being full of "gifts."
- Realizing you are connected to all your aspects meaning they are not lost.
- Understanding you are multidimensional and occupy all the focus levels simultaneously.
- Understanding you can stretch your awareness to occupy all of time and space simultaneously.
- Remembering as an explorer, you can observe these levels without having fully mastered a level.

Focus Level 28

Color white, Geometry: This level is a full circle because it is at the edge of groups of seven resonant colors levels. This is a "wholeness state," where lessons are unified and viewed as a component of overall fulfillment. It is a transition area as you move into a new state of consciousness. This level pulses light that radiates out to touch all other focus levels. It is a total understanding. F28 is moving into the non-physical focus levels.

Session 6 SHE 38:01

"...you can enter into the realm beyond life. But you cannot stay there unless you are willing to give up your human form. Does that [make sense?] Is that clear? And then once a person, for a consciousness, we are talking about consciousness, reaches level 28. The bridge is crossed and from that point on, for that consciousness to evolve higher, it would not again assume human form of any kind.

Bob asked, *"Not even as a learning experience?"*

Miranon: *"I will never incarnate again as a human."*

Bob: *"As another form of life?"*

Miranon: *"Yes. But not as a human."*

Eventually, the focus level experience is untranslatable into words or experiences and becomes ineffable because it is no longer relevant to the physical. It is also possible to combine focus levels to form chords and other unique combinations.

"Ultimate Journey" p.249. "Beyond not only time-space but human thought. Residence in 28 or beyond limits any ability to return information to a physical human body."

The focus levels higher than F28 go into the realm of the non-physical. Finding a language to relay the experience is difficult, but can be equated to other experiences that are theoretically physical. Consider the view you have while walking in the forest. Now move your awareness up 500 feet into the air and look down. You see the tops of the trees, and your perspective and experience have changed. Your presence as a being has also changed. It is larger and more spread out. Now imagine going up 3 miles to gain a planetary view. You see the roundness of the earth and experience it as a unified entity. Now zoom out so you can see the entire solar system. Now zoom out so you can see the entire Milky Way. Now zoom out so you can see the Milky Way Galaxy as a collection within a supercluster.

With each of these, you increase your perspective by stretching your awareness to a larger scale. On



these scales, consciousness is being aware of the structures and being aware of the unity of consciousness that can span distances and be at any point within these large structures at any time. It is not the physicality of the structures that is the realization that conscious awareness exists outside of the physical universe.

The physical universe is like pinpricks of light in the fabric between this space and the spiritual dimension. This spiritual dimension is outside of space, time, and physical experience. All the levels higher than F28 explore the subtle changes in consciousness to explore these higher levels. These are becoming increasingly abstract and impossible to verify except through comparing experiences to see if a consensus exists. Otherwise, it is completely a personal experience.

These focus levels, higher than F28, are explored in Starlines.

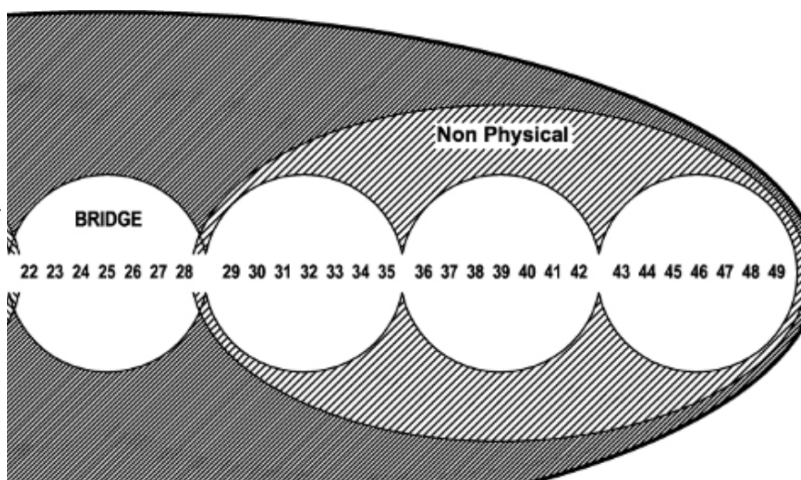
The Emitter

Meditation allows us to reach focus levels of up to F27, allowing us to experience and learn about life on the earth plane, or physical existence. Bob stated that the focus of the information derived from the explorer program should be beneficial to mankind in the physical world. The information from F27 and below can be applied to be beneficial as learning experiences. F28 leaves the physical all together. In his book "Ultimate Journey," Bob describes in chapter 15 meeting his soul group and then traveling back in time to see the emitter in physical existence. Bob calls this place the edge of the circle, "a white level," and he has a conversation with Miranon, who is at F49, which is also a white level.

"Ultimate Journey" p. 219.

So I have to make one more run, to the other end of the circle. I know what it is to move the other way on the Interstate, not out but in. If I use my quick-switch phasing and the skip, both of them and I move swiftly in past the I-There clusters they are gone past the Belief System Territories they wink out. past the blue planet and watch as it reverts to a ring of dust everything moves, everything moves, going against the flow again, following back to where it began a huge flower of particles and light folding back together back into a beam. A beam, get into it, move with it. Can I stand it? It is so strong and there it is the Emitter! No, there was no big bang. It came from the Emitter. The creation of the hologram and there it is, the return flow off to one side. A cycle, a closed loop. A circle! Now I know . . . now I know!

Bob discovered the emitter by entering himself and traveling back in time to the beginning,



when and where everything was together. This made it simple to locate the emitter. He now understands that there is a circle defining the edge of the physical universe. He also knows that he can move through the emitter to the other side, traveling in either direction along his highway of focus levels. The edge of the white levels is the same edge as the emitter. This fascination with the physical universe and resolving all the physical splintering of the self through time and space is what prevents us from moving on to the higher focus levels.

What are these splinters of self? They are ego bubbles caused by traumatic events encountered through learning. How are these ego bubbles resolved? You acknowledge the event and become aware of it. In an effort to preserve a functioning consciousness, the ego represses the traumatic event. By becoming aware of the ego bubble as a turning away from awareness, the ego believes that it is doing this repression as a survival mechanism. It has a purpose, but at some point, the trauma must be reconciled and brought into union with waking consciousness.

How to become aware of unconscious traumas? By using the focus levels, you are doing this all the time because when you have a restful moment, a thought will surface in the quiet mind. These events are the blue level, which can be both events in the external world and events in the internal world.

As you resolve these ego bubbles, energy is released in the form of focus and awareness. Resolving these distracting thoughts strengthens the observer. This allows you to notice and resolve these ego bubbles faster, leading to a unified consciousness. In other words, tranquility. You create a unified intent that is in line with your core beliefs. You can achieve a clarity of thought such that you are not conflicted with your own decisions. You know yourself. You understand your wants and needs and make decisions that are consistent and lead to being satisfied. When you have reached your goals, you celebrate, and those around you can share in the celebration. You were clear all along on what it was you wanted, so they could encourage you along your journey. Now that you have reached the goal, you feel happiness and peacefulness. Even more importantly, as you lie awake in bed at night, in a peaceful moment, your thoughts do not torment you. Yes, you look back and recognize you have not always made the correct decision. Others said and did things, and so did you, that could have been done better. You can forgive yourself and others now because you understand how that helps you grow. What is most miraculous is that this kind of loving ability exists.

We are in the position of a small child entering a huge library filled with books in many different languages. The child knows someone must have written those books, but it does not know how. It does not understand the languages in which they are written. The child dimly suspects a mysterious order in the arrangement of the books but doesn't know what it is. That, it seems to me, is the attitude of even the most intelligent human being toward God. We see a universe marvelously arranged and obeying certain laws.

To summarize the experience of F28, the white levels are exit points. The white levels in the focus levels are their own destinations. It is the final destination, not just a stopover. This is an energetic and thought-responsive space where whatever you believe comes true. If you have unresolved issues or desires, they manifest and you return to the focus level where your expectations can be fulfilled.

You exist where your awareness can respond in a meaningful way to the environment. When you occupy F28 you will immediately be stepping into F29. What you discover there is only what you bring with you. If you have learned to release your attachment to a physical reality then what you arrive with is your version of awareness. If you are unprepared you will reassemble your identity and return to the physical plane with a renewed mission.

Focus Level 29

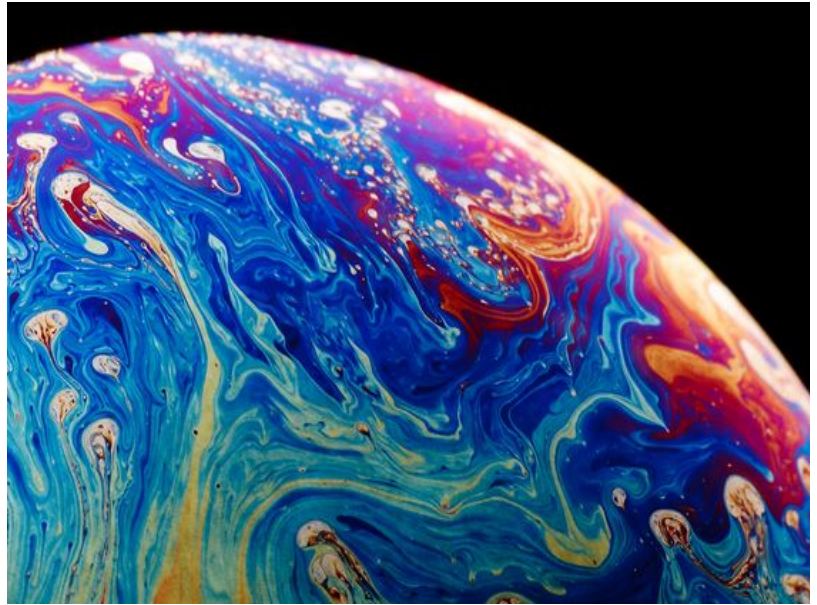
Color blue, Geometry: Horizontal. There is no thought here. No streaming voice of consciousness here. There was stunned silence. No labels or words, just a knowing of the finality of completeness. A whole impression within the aware being of what is created. There is no doubt, no conflicting thoughts, only the undeniable moment of pure joy and awareness.

Moving past F28 is not a desire to level up. Any expectation is fulfilled and returns you to the physical plane belief system, so your desire is fulfilled. The way to move on is to be dead to the world. Surrender completely. Be still in your body, emotions, mind, and spirit. To completely encompass all, so there is no difference between you and everything else. The inside is the same as the outside. Then you can pass unnoticed and unchallenged. You are nothing and nobody. You are invisible. Even a thought does not recognize that you exist.

When Bob travels to the emitter, he encounters a burning light and parts of himself are lost. His awareness is maintained but limited. With the help of an entity, he regains awareness and the ability to form speech and memories. Then he is told that he does not have the gifts of a total being. He realizes he is a scout for his soul group and returns to gather these other parts of himself. See Chapter 15, "Ultimate Journey."

Miranon taught us how to retrieve all of the gifts. We learned to extend our awareness to the physical universe's edge, gathering all of our other parts that occupy the other focus levels into the self by pulsing like the breath or a heartbeat. The soul expands and contracts. There is no such thing as a lost, hidden, or unconscious part. Simply pull on the strings and become aware to receive these parts. To reach this level, you had to stretch your consciousness to the point where you could occupy every point in the physical universe. Then decrease the dimension to the infinitely small. Stretch and contract, pulsing like an ocean wave crashing against the shore, a breath, or the heartbeat.

Consider a window screen to be a physical barrier separating two places. A breeze and some air pass through the screen. How did the air get from one side to the other? It was the right size, it was in the right place, and then it was somewhere else. Recognize that you can break through the physical barrier and enter something completely new when you are ready. F29 should be experienced without judgment, awe, or labeling. Allow yourself to experience the realization that you are not in the physical universe. You are aware, but you do not require words. This has also been described as the sensation of being on a swing. Moving from here to there. When you feel comfortable, let go of the swing and land on the new level. Once you are comfortable, leave a PIC and just take the elevator next time.



Focus Level 30

Color red, Geometry: A horizontal layer where natural awareness of moving to a higher plane is not obvious. It is easy to form attachments and believe that you are the attachment. Any entity encountered at this level is independent and typically alone. This level is a mirror image of the previous level. It is created based on your understanding of your expectations and experience from the previous level. What new world will you create if you understand that this level is a projection, your created interpretation of the previous level? If you reach out and touch the surface of the water and pull into existence a drop, what force does the touching, the pulling? You are not physical here. You are larger than all of the universe. You marvel at the drop of water that you have suspended in time-space.

You are aware that a thought can become reality in an instant. There is some understanding that there are parts of yourself still within the confines of the physical creation. These are not temptations, but memories and a reminder of the lessons you have learned. Any reflection on those memories can create a desire to return you to the physical, but you remember that returning is not an option and you uncreate your desire. It turns to smoke and dissipates.

Remember, you are an explorer and can return to the physical at any time. You are here simply to observe. You become aware of some very interesting things about the parts of your being. There is the explorer part that is reading this, creating and becoming aware of this in the mind. There is the actual spiritual part that is making, or has already made, the journey. There is the part that is inside the physical creation still searching for the lost parts. There is the part outside the creation that is searching for the larger "I-there clusters." You are aware of them all and can see them in their roles. You have already transcended, but we are showing you this so you can understand it from your perspective. All of this is the multidimensional you.



Focus Level 31

Color yellow, Geometry: Horizontal. It traverses the middle of the previous two levels. It can reach directly into other spheres. Where your brain and mind are more coherent, synchronized, and balanced. Here you reason out your situation and compare your interpretation of the experience with what is actually happening.

Yes, you left behind people you loved and things that attracted you. Does the teenager grieve being unable to be a child? You peer into the physical only to discover it is barren and lifeless, like sand and rocks. Because you exist outside of time, nothing in the physical world is interesting. You are aware of things that are attracting your attention. You remember being alive with a body. When you were alive, did you ever relate to a cell in your hand? Did you listen to it? Did you care for it when it was born? Did you mourn for it when it died and sloughed off from the body?

How do you relate to the grains of sand cast before you? You know, there is life there. How to learn to manipulate time in segments so the blurry spread of life-and-death happenings in the physical has any meaning or context? Why would this concern you? Why would you be curious about a drop of water hovering in time above the pool of consciousness?



This feeling of indifference to the physical is accompanied by a slight sense of both depressive and anxious thoughts. You realize you are focusing on getting back home. You realize you miss being physical, prompting the development of coping skills such as renewing contact with loved ones. You already know that a physical body cannot contain the frequency at which you exist now. Yes, you can look at the physical, maybe even communicate if you can find someone with your frequency. This feeling is unbearable, so you reach out in love to find another on the next level.

Focus Level 32

Color: rose. Geometry: a vertical plane where it is possible to descend or ascend energy from other levels. A healing level where conflicting energy is neutralized. It gives you the ability to program your body with whatever abilities you desire. This is a love state where the ego can dissolve into love, revealing truth, growth, and understanding. It also allows communication through portals to other levels. Transmutational contact is possible with guides and higher aspects of oneself. This level is another opportunity to begin the quest for reintegration and healing of self from higher and lower levels.

You experience being outside of physical creation. You saw how to create with a touch; how to draw out the drop from the surface of the deep. You were curious about this small drop because it was your creation. If you look closely, you can see consciousness within the sands, but from here it all blends together. It is uninteresting, and you could dismiss it and move on to bigger and more interesting things. But there is a knowing of everything already. Do you remember leaving this place and traveling through the emitter? It happened once, with the help of others to put you back together. That was me too, and we know how to pull the strings with gifts. It is happening now. But now, you keep bringing our attention here to look closer, focusing to see how to experience these small lives, these small stories. Oh, I remember. I was there for the physical too. I am still there reading this.

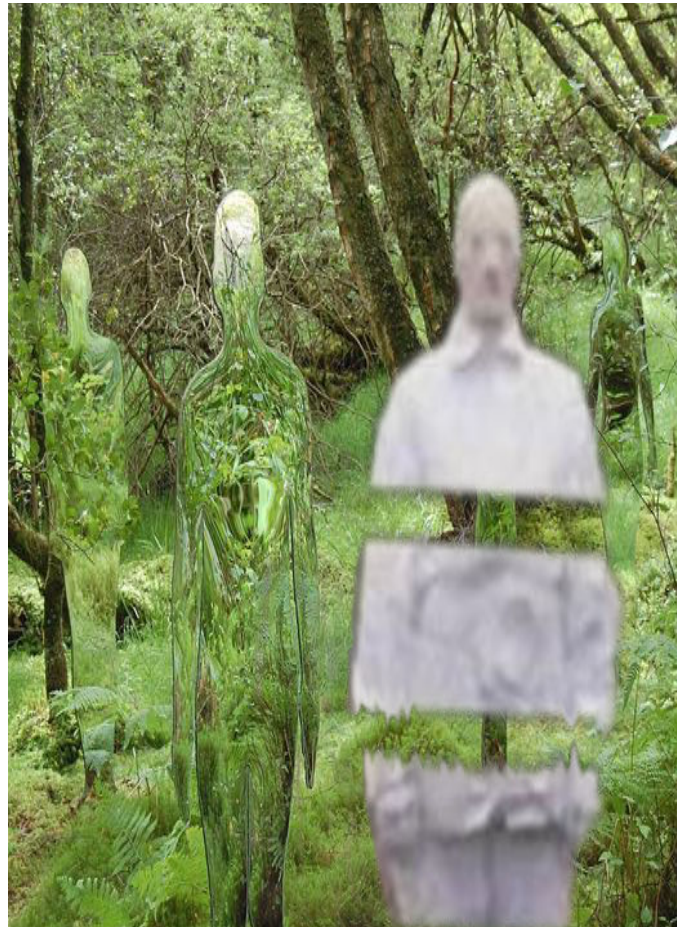
Here in F32, I am being held and comforted. I am wiggling a bit, but I don't even know what I am. I can not see myself in a mirror yet. I can hum and shine. Oh, I feel so happy, so I will shine a bit brighter. I wiggle and vibrate. I will rest for a bit. Yes, you can shine for me while I sleep.

Help is like that sometimes. I know it is there and comforting. I feel it in my heart, like a warm glow of love. Yes, it is love. Humm... oh I can follow it right back to the source. That path is so open now. Here, there, on this level and beyond.



Focus Level 33

Color green, Geometry: Vertical descending. F33 is closely tied to the next level. It has a feeling of tranquility, a sense of inner peace and awareness of the love consciousness. Tranquility is a sense of inner peace and awareness and a connection to the love consciousness. Higher beings that are descending and very curious will greet you here. Skip Atwater described this level as a place of creation, a "creative area."¹¹ A Creative processes is a place where you can create your own images and concepts. It is a place where anything can exist. It is a place of endless possibilities. A void of possibility, even outside of what can be described. This is the first step outside the qualitative frequency area of the Earth Life Experience. Other entities on this level are having to recover from the trauma of descending and trying to understand the physical plane experience. You started this journey with your own intention and are moving in the opposite direction. Your knowledge and experience is sought after by these curious entities. How did you fit into that tiny body when you were physical? You were a grain of sand. How did you learn to manipulate that dense matter? You used telekinesis to manipulate chemicals to cause muscles to move! The level of focus you must have!



You may only be slightly aware of the other entity's presence. It may be a touch, a smell, or a wave of feelings. Communication may be by images, thoughts, or impressions. To effectively communicate, you may need to move to a different level of understanding all together. If you ask for help, you may be shown how to create a virtual object that can be used to communicate. You may also be introduced to a translator. At this level, you can create new senses and new ways of understanding.

My experience at this level was with white powdery beings. I was with a group of other travelers, and the beings helped bring us together in one place. For the most part, they were more curious about us and our capabilities than we were about them. Yet they were clueless about the most basic of things that we just know. How do you explain breathing to an entity that refers to you as a grain of sand? I was small because I could change dimensions. The point is that I am not a grain of sand because I am not a physical being. Yes, I have that experience. I am the same as these other beings and so much more. I have all of myself and I know how to stretch even beyond this creation. I create a copy of all my memories. I give my memories to them as a gift. They gave me a gift too. It is so pleasant to meet you.

¹¹ TMI's *"Exploration 27 and the Healing/Regeneration Center Chapter 4"*, part of lecture by TMI's president Frederick Holmes "Skip" Atwater, year unknown, (Focus 33)

Focus Level 34

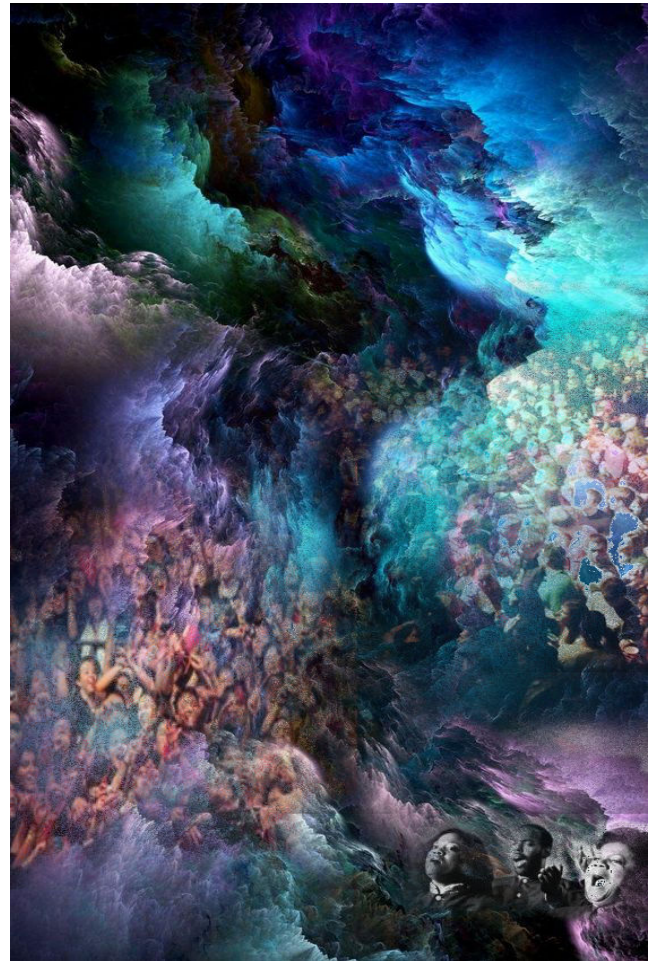
Color purple, Geometry: Ascending ellipse. Ascension states. F34 allows transcending to higher levels.

The area of the gathering. Beings from many other locations within the physical universe are gathered here to witness the upcoming Earth changes first mentioned in Bob Monroe's second book, "Far Journeys." This is an ascension state.

This level allows for the experience of the parallels between outer space and inner space exploration. There are many consciousness portals that take your awareness to another perspective. Experience the infinite sea of what Bob Monroe called the "I-There Clusters." Reclaim, remember, and integrate parts of yourself.

You are able to innovate by combining previous knowledge and skills together to form new and unexpected results that allow the piercing of the veil into the wider spiritual realms. You were able to experience a thought responsive environment. You learned to create objects on F33 and see the effects of their creation. You have met other entities and people who have passed away and have recovered their awareness in this place. Now that you have mastered this level and what it has to teach you, it is easy and comfortable to step into the light and experience the next level of consciousness. You can experience this change in consciousness because your awareness and focus are strong and protected or you have to gather more strength and focus. A decision is made at this level to stay or move to higher or lower planes of existence. You understand that to make this next transition, you must shed this energy shell, just as you did when moving into F28. Existence from this point forward is energetic and becomes even less tangible to human experience.

Now we remember that we are past the physical barrier and have entered something completely different. This has also been described as the sensation of being on a swing. Moving from here to there. Swing back and forth, pushing just a bit farther, stretching the energy until you feel the tug and the pull to let go. When you feel comfortable, let go of the swing and land on the next level. Once you are comfortable with the level, leave a PIC and just take the elevator next time.



Focus Level 35

Color white, Geometry: This level is a full circle because it is at the intersection of seven resonant color level groups. It is the edge of the egg shell, and passing through it to other levels is difficult; it is a transition area. It is also a place of total understanding.

Because it is so fluid, this level has an alien awareness, as well as the various conscious states it represents. It comes into contact with the edge of the energy circle, which contains a sphere of alien consciousness that is entering and descending toward the physical plane. From here, it is possible to follow them during these galactic and intergalactic journeys. There are opportunities for you to discover relationships with other life forms. Some of these entities are relatively similar to humans in their thought frameworks. Some are completely foreign.

In one meditation, I saw that the physical universe is like pinpricks of light seen through the fabric between this space and the spiritual dimension. Physical objects are frozen light that has dripped into physical space. Time is moving so slowly in the physical dimension that light becomes frozen. Light is converted to matter and seems solid.

While the sights and entities that you meet seem tangible, there is a knowing that what you experience is a metaphor for something else. You are aware of thoughts and images as place holders for some other consciousness that is untranslated into words. Be surprised when you ask a question and a tree, a rock, or the wind answers. This space is teeming with life, and entities appear to converge on your location. You are a great attraction for these entities. You'll feel like a rock star on stage after the concert. You meet so many fans and answer questions. You allow this to happen, then you press forward to enter the next level. It feels like walking up a hill, moving against the crowd.

A gentle reminder that you have already passed the physical boundary of level F28. What is being described in these upper levels is in terms of an insufficient language. The past, present, and future are all happening in the present here. When you bring your awareness to these levels, you have the experience because that is what you expect. You expect there to be a white level and that it will have certain characteristics. You believe these things are true because they have been written about and others have been there and experienced this focus level. This construct is arbitrary and is maintained only to help you understand. It could just as easily be something completely different. For example, the rings of heaven, the rainbow body, ascension, or reaching Samadhi. Each of these concepts carries the baggage of other dogmatic ideas. I am making this point because this next level requires the ability to look past your conditioning to see the root idea called "first principles."



Focus Level 36

Color blue, Geometry:
Horizontal. At this level, the seeds
of the self that have been spread
throughout the lower levels come
together to form the self. Your
new multidimensional and
galactic awareness is allowing
you access to parts of yourself
that were previously unavailable.

Bob termed this the "I-There
cluster consciousness."

When looking at this picture, the
dandelion seeds are returning to
the pod, not flying away. There is an important point to remember, and that is that you have already left
the physical plane. This is a memory of an event that has already happened. You are witnessing it
because you are an explorer.



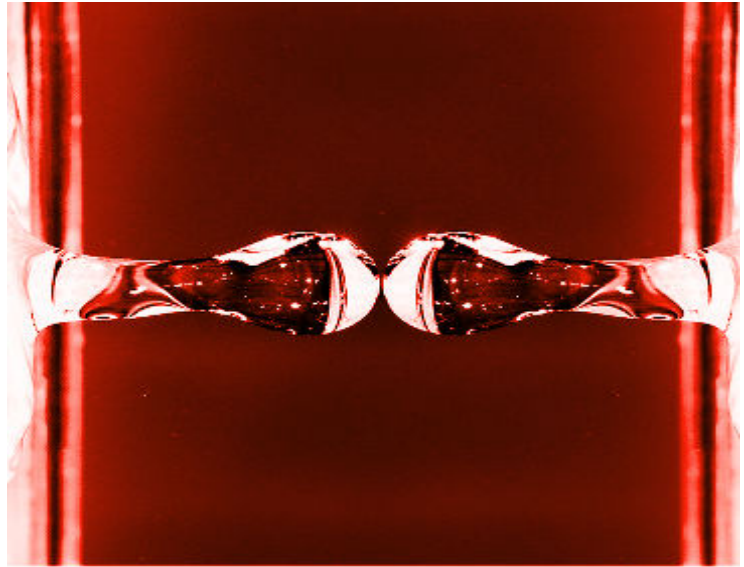
There is a state of being where you exist outside of physical space-time. Yes, we have been in this
space since leaving F28. There is a state of "knowing" that is beyond words or even thought. In order to
receive knowledge, you have to be open to gaining it. The observer is capable of receiving knowledge
without rejection or analysis. A knowledge of what happens before you can think about it. Once you are
aware of something, then it has already happened. This is what happens on the blue levels. Blue levels
are what you call reality at that level. F1, F8 and F15 are where you interact with the physical
expressions of humans, other beings, and objects. The higher blue levels are where you experience
other realities.

In order to experience these higher levels of blue you just have to observe and not make any
conclusions. When you cross into this blue level, you become accustomed to just observing these
events. Each new part of yourself is gathered, cherished, loved, and brought into the whole self. You
are just being in the moment at this level. You know that whatever happens, it is just a lesson or a
memory. It's just the way it is for now. In the next levels, you can analyze, judge, and reason, but for
now, just witness.

Do you feel the pricks of the seeds as they connect? Some sting. Some are soft and warm. Some are
one color, and others are just gray.

Focus Level 37

Color red, Geometry: A horizontal layer where natural awareness of moving to a higher plane is optional. It is easy to form attachments and believe that you are the attachment. Any entity encountered at this level is independent and typically alone. As you gain experience, you realize that each entity you encounter is a reflection of your own energy. When you reflect on them, these individual entities become parts of your own self. Some entities you relate to and resonate with. You accept them and bring them into your gathering of energy. You become vaguely aware that all those aliens you met earlier were actually a part of your being.



This mirror image of the previous level is your version of what you understand the previous level was teaching. This level is what you think of the meeting. It is what you think is real. You've mastered the ability to control what is and isn't created within the mirrored reality. You understand the consequences of making changes. With each new ascension, the world that you create becomes increasingly personalized yet more accepting. Because you are focused energy, other similar energies gather around you and are attracted to you. These energies help you create and sustain this reality. The more beautiful your interpretation of reality, the more love energy you attract. The reward for creating love is even more love energy, so this group becomes larger, more organized, and more attractive to you. Do you accept this energy? Does it weigh you down or lighten you? Having this ability is called "quality of life." How much quality of life can you hold without burning out? The feeling of burning is the impurities being removed. Your energy shell has to be able to contain this abundance of love. This is the challenge: how to resolve the pouring in of love. How much love can you give and absorb without losing yourself? The answer is you can be all of it.

The meditation to do the "quick switch" is to imagine walking out to the crest of a bridge. It's like walking out on the edge of a drop of water. Looking up, you see a mirror image of the entire world. You see the bridge and it is just out of your reach. You notice how, as you are taking steps, there is more bounce in your steps and it seems like you could easily fly off into the air. There is another person that looks just like you, standing there looking back at you. You reach up and they do the same, reaching toward you. Grabbing their wrists, you push off the ground and pivot. Surprisingly, the other person makes the exact same yet opposite movement. Amazed, you feel the sensation of turning upside down. You land on the bridge in the mirror image. For a moment, your head is spinning as you orient your eyes by looking at a rock on the ground. Soon the spinning stops and you realize you are steady in the mirror universe. You begin to explore and notice that almost everything is the same. But there are a few slight differences. Some of your passwords have changed. You notice a road that was not there before. You see a hiking trail that you know was not there, but there is even a sign showing it has been there for years. You look for other differences, but understand that there are differences here from where you came from. This is how you know another dimension exists because you can notice a

difference. You grow to accept and ignore these minor changes almost with amusement, because they remind you that you are not from here. You are a visitor observing another reality. Pay attention; this reality is just as real as the last one. Pay the bills and go to work. Be present with your loved ones. In all the realities I have visited, my wife loved me in every one of them. You are just passing through on your way to the next level of consciousness, but the properties of love do not change. In fact, I hope you have realized that love is the path to progressing to higher levels. This "quick switch" is a one way event because you are switching between your imagined world and the real world again as you have imagined it. Once you have witnessed a new world with a new creation, how do you un-see, forget, or take back that experience? This may be the definition of learning.

After doing this type of meditation, I play this game. I am looking for a positive change in my surroundings. I acknowledge and gratefully complement the change. I do this because I've become more aware of myself. I have expanded my awareness.

Focus Level 38

Color yellow, Geometry: Horizontal. This level transverses the middle of the previous two levels. It can reach directly into other spheres where your mind is more coherent, synchronized, and balanced. Here you reason out your situation and compare your interpretation of the experience with what is actually happening.

Your consciousness is large enough to encompass all of the physical universe. Yet you can marvel at the ability to move a grain of sand. You realize you could be here or you could be somewhere else. Why focus here? You are traveling toward a bright light. Do you feel an outpouring of love? Do you feel unworthy? Do you turn away from this presence of overpowering oneness, acceptance, and love? That is the knowing. You will know if you can move on or not. That meeting will make everything perfectly clear as to what you have to do to move on. You can and already have resolved this unworthiness. Watch how the seed pod returns to itself in this magnified picture.

The properties of the physical can transition from one thing to another. When you focus awareness and attention, one thing melts and another contains it. What is this force of attraction? An unstoppable force meets an immovable object. What is this mystery? How do the two objects know each other before they meet? How do they melt first and then touch? Oh, I see. They were always together. I am moving the other way in time. Love melts and makes things flow. It moves the immovable.

These two things were the same from the beginning. We were always close in your heart and always together. I made them into two because I wanted to understand duality. I wanted to understand what you saw from your perspective. I spread the seeds across time and space, and now they are returning. I became fascinated with this event, and so my attention flowed here to this event; what this seed witnessed. This is the creation of duality. This is where my logical mind or judgment was created. This is where the separation occurs when the seed leaves to begin its journey. Now it has returned. The leaving and the returning are the same thing. I have always loved you and always will. I loved you when we separated, and I will love you when you return. All is forgiven. Nothing else matters.



Focus Level 39

Color: rose. Geometry: a vertical plane where it is possible to descend or ascend energy from other levels. F39 is a healing level where conflicting energy is neutralized. It gives you the ability to program your body with whatever abilities you desire. Ego can dissolve into love, revealing truth, growth, and understanding. It also allows communication through portals to other levels. One makes transmutational contact with guides and higher aspects of oneself. This level is another opportunity to begin the quest for reintegration and healing of self from higher and lower levels. What skills or new abilities do I need? What sense could I use to increase my awareness? The lesson introduced in F36 was to realize the integration of the many seeds spread across time and space. Whether I agree or not, the event happened even if I was not there to witness it. Existence and the void are both contained, but not in this mind. This is the healing that needs to happen. This is the new ability that is needed to increase awareness.



What mind can understand this? Is it the mind that beats the heart or takes a breath when I am not thinking about it? Is it the mind that senses emotions as a wave of heat across the skin or a tingle along the spine? I do not have a mind that can accept what is not like me. In the shape of me. If I carve an object from wood, I discard the shavings. I separate what resonates with me from that which does not. I don't have the kind of mind that can hold the original object. Each time I rewind creation, I see many creations. A sea of creation that then is contained again in a drop splashing forth from another ocean of creation. It is a loop of infinitely large and infinitely small infinities. What can be deduced from this? No, not a question, an imperative. This is the answer. "What" can understand this? Here you speak your understanding into existence. You express a command of "what" it is to exist. You take your question and make it a command to find the answer. You are "what" understands this new mind. Take the gift; you will not be able to explain it in the physical sense.

With your current mind, you understand that you cannot understand this concept. For now, you can call it "what" to give it a label. You can name it later. For now, just accept that a future you, a higher level of you, exists that can understand the concept. This other you has this ability and has this mind with this capability. This is how you stretch your consciousness and use the levels to create new abilities.

You need this ability because many of the seeds have returned with knowledge and information you do not understand. You do not value the information because you don't find it interesting. You want to cast the experience aside like wood shavings. You must heal this. Balance this and make it neutral with faith that you have this new mind that can understand. At each of the white levels, there is a crossing. A shift in perspective, a surrender of being one way in order to become a new being. Consider yourself a teenager who has grown into an adult.

Focus Level 40

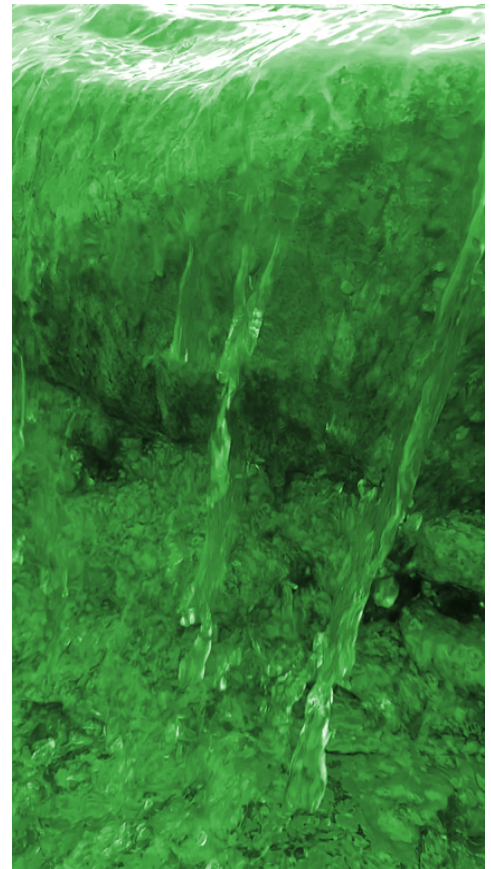
Color green, Geometry: Vertical descending. F40 is closely tied to the next level. It has a feeling of tranquility, a sense of inner peace and awareness of the love consciousness. The predominant feeling is tranquility, a sense of inner peace and awareness of the love consciousness. Bob expressed this in “Ultimate Journey” p. 217.

*“There is no beginning, there is no end, There is only change.
There is no teacher, there is no student, There is only remembering.
There is no good, there is no evil, There is only expression.
There is no union, there is no sharing, There is only one.
There is no joy, there is no sadness, There is only love.
There is no greater, there is no lesser, There is only balance.
There is no stasis, there is no entropy, There is only motion.
There is no wakefulness, there is no sleep, There is only being.
There is no limit, there is no chance, There is only a plan.”*

You let go of the idea of resolving opposites. You had this experience when you resigned the physical body in F28. You became nothing and passed the barrier of the physical veil. As these collections of clusters are being absorbed, you try to resist, if even a little, taking in what was unknown or what you opposed. Here you see that it does not matter because these were roles being played out. Yes, you may have made bad or good choices, but you learned, as you are still learning now. Tranquility comes from forgiveness.

Like Scrooge in the Christmas story, there is a finality to physical existence. Fix what you can now while you have the ability to do so. It should be easy to forgive yourself because you are in charge. Forgiveness is even easier when you redefine who you are and accept this knowledge. If this is still difficult, imagine a time when your higher self, who has forgiven all, will accept you in love. You can feel that love and understanding right now from the next higher level.

There is a meditation to allow the flow of the essence from higher focus levels into lower levels. The result is an overall increase in comfort, awareness, and peace. This visualization may be due to the production of gamma frequencies within the brain. Gamma frequencies allow all areas of the brain to communicate, resulting in clarity of thought and intention. The visualization for this meditation is to imagine the threshold between the purple level and the green level as a cascading waterfall. Allow thoughts and feelings to flow freely through the portal. There is no need to focus on any of them. Just observe and feel peaceful.



Focus Level 41

Color purple, Geometry: Ascending ellipse. It allows for transcending to higher levels. At F41 you have even more awareness of "I-There Clusters." You have the ability to reclaim, remember, and integrate aspects of yourself. Awakening past memories and exploring future possibilities related to energy systems. Learn about the similarities between outer and inner space.

You become aware that the white energy shell on the next level is your energy shell. Each time you have an experience, reflect on that experience, learn from it, make it a part of who you are, and master the talent, you are building a new white shell that expands who you are. When you move through the white areas, you are letting go of the previous shell and moving into a bigger body. It's like letting go of the physical body in F21. At each white level, who you are in relation to what amount of energy you can contain is redefined.

I assumed the focus levels were for other people, that it was an experience shared by others. I now realize that through reading and experiencing this, it has always been about me and my definition of who I am. When I could visualize all of physical reality as a single drop of water, I gained the mastery of understanding that loving and accepting myself and everything I ever did and others ever did, means I can extend my energy field enough to love another person. Even if doing so makes me vulnerable. I realize that learning to love is the reason I am here. As crazy as it sounds, I want to learn how to love everything as it is. Accept it the way it is. I can change myself and my world will change. I do not have a boundary because when I see my own energy in you, I see myself in you. When two lights come together, they are twice as bright, yet they remain unique. We are the same yet still unique. I respect you because you have your own journey and your own perspective. I respect my own being for the same reason. Yet we flow together. From a distance, we probably look like the same being. We hover and move in a group, like a swarm of butterflies.

This oneness, the idea that everything in the physical universe is connected and interdependent, makes me feel satisfied with life. I do not see division or anything negative. I realize all that is an illusion. From this distant overview perspective, I can only see perfection.

Author Frank White first coined the term, the "overview effect." The overview effect is a cognitive shift in awareness reported by some astronauts during spaceflight, often while viewing the Earth from outer space. Indeed, many people who have experienced outer space have experienced the overview effect, *"truly transformative experiences including senses of wonder and awe, unity with nature, transcendence, and universal brotherhood."* This state of mental clarity occurs when you are flung so far away from Earth that you become totally overwhelmed and awed by the fragility and unity of life on our blue globe. It's the uncanny sense of understanding the "big picture" and of feeling connected yet bigger than the intricate processes bubbling on Earth.



Focus Level 42

Color white, Geometry: This level is a full circle because it is at the intersection of seven resonant color level groups. It is the edge of the egg shell, and passing through it to other levels is difficult; it is a transition area. This level pulses light that radiates out to touch all other focus levels. It is a total understanding of the previous levels. You can visit this place, but to be here you have to change again. You have to develop a new awareness.

F42 is a meeting place for channeled entities and "I-There cluster consciousness," as Bob refers to them. It is a state of consciousness that promotes self-awareness, recognition, and reclamation. It is a place of expanded memory and multidimensional self integration.

The following is TMI course material describing these upper levels. *"One should recognize that humans tend to think in human-centric terms and scales, both spatially and in time. ...or vast nonphysical formed states or planes of nonphysical expression representing other types of aware beings that may exist on different scales of time. In the higher focus levels, matter and light exist as energy. Your scale and ability to detect a being of that size and energy pattern may be limited by your thinking."* At F42, you may just become vaguely aware that there is something else out there.

This is the level where you can meet energetic groups that exist outside of physical space-time, as I explain in the following encounter. As the elevator door opened, I was presented with a blue sky of endless space. I was aware of a presence, but nothing was apparent other than a breeze. I asked with a greeting, "Hello?" A sheet of cellophane about 8 X 10 feet in size appeared. Something resembling a winged ball held the sheet in place around the edges. I then imagined a hand and a face pressing against the cellophane. I was dealing with something that existed outside of a dimension where I could fully comprehend it. I could see the consequences of what they did, but not directly. I didn't have the vision to see them in their true form. I had a "gut feeling" they existed. I realized I was a part of something much larger than myself, a larger community of loving and accepting energy.

I took a step back from this experience and wondered why, when I expanded, I was bombarded with all of my life's thoughts and memories. I just want to go exploring. Why do I keep doing this life review of every event that has happened to me? It can be uncomfortable at times. The answer was unexpected. You have to unify yourself to have the level of focus required to have these experiences. Higher focus levels require more energy to be aware of the experience. How does a grain of sand relate to the sun? It would be vaporized. "Don't be a grain of sand," is the answer. If you can be anything, make it something capable of holding all of physical creation. Each level contains a truth about reality for you to discover and accept a new, expanded version of yourself. These reviews are a gentle way of acknowledging, healing, and forgiving yourself.



Focus Level 43

Color blue, Geometry: Horizontal. When you enter a blue level, ask yourself, "What has changed here that I need to adjust to?" Then observe and be present to allow this new reality to emerge.

Session 6, 20:44

"The blue level is always a pulsing level. It is the beat of life, of the impulse of being. It is the flowing quality as we have talked about earlier. Since entering into any new plane of existence is oftentimes difficult for the consciousness, this level has a very soothing color to it. And that is, as Leona described to you last week, [the color] of blue. It allows the being, or the consciousness, to make a smooth transition. But this level is also a level that is somewhat difficult for the consciousness because on this level it is new to this plane and it must become secure. It must develop feelings of being comfortable in this new plane. Therefore, it can only flow in the horizontal direction."



Each of these groups of seven resonant colors represents a new understanding of reality.

Consider being on a raft on the ocean. Your full self has to experience this level on its own. You were plucked out of an environment where you understood how to socialize, eat, sleep, survive, and thrive. You must now adapt, but first you must comprehend the situation completely. Before making any projections or having any expectations, consider simply having an experience without making any judgments. Do you have the ability to simply experience something without deciding whether it is good or bad? Think about your first encounter the ocean. This level symbolizes the eternal now.

Explorer: What am I looking at?

Answer: This is a demonstration of the "other" that you cannot deny, even though you will close your eyes and say it is not real.

Explorer: Why have you brought me here?

Answer: To witness me. I am real. First principle, "I exist." My existence does not require your belief but if you are to exist here you will have to adapt and learn.

Explorer: So I've reached a new blue level. Something has changed—perhaps time has passed, or perhaps this location is thought responsive. I simply need to observe it before bringing my expectations and projections and attempting to shape it into what I want it to be. Because when I do that I return to a focus level that meets those expectations.

Focus Level 44

Color red, Geometry: A horizontal layer where natural awareness of moving to a higher plane is not obvious. It is easy to form attachments and believe that you are the attachment. You have gathered many aspects of yourself and your gifts. Any entity encountered at this level is independent and typically alone. This is a mirror image that you create based on your understanding of the previous level. You can think of this level as your world, made up of your projections and expectations. This is how you see the world you live in.

If I am all, why do I have division? Why do I see them both?

Why is there a reflection?

I have encompassed it all. There is no one else to reflect on me.

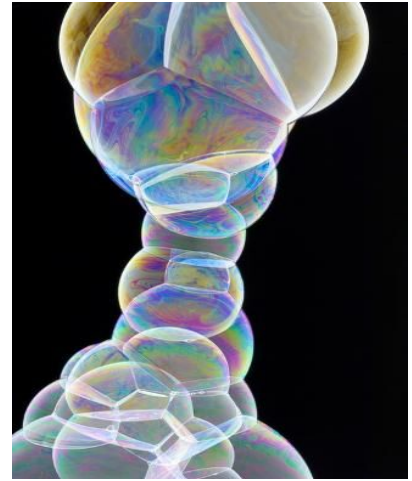
I can not see myself because I am everything I see.

F44 is best described as a chameleon. It's making a perfect copy of the previous blue level so that when it becomes aware of itself, it only sees itself.



Focus Level 45

Color yellow, Geometry: Horizontal. This level transverses the middle of the previous two levels. This level can reach directly into other spheres, where your mind is more coherent, synchronized, and balanced. F45 is where you reconcile reality with what you think is real. At this level, you realize the ultimate conclusion of a coherent mind, you transcend the impulses and senses of the physical body, the emotions, and the analytic mind. You move your thoughts into a place of peace that has no internal dialogue. You exist. You exist whether or not anyone else recognizes or acknowledges you. You are unconditionally accepted as being connected to the source of all knowledge and wisdom. You are loved.



Here you see that each time you ask a question, you create a division to find and observe an answer. You let go of this act of questioning because it is an echo from the material analytic mind. It is not needed at this level because you have achieved the "knowing state." It is more than an answer. It is an experience that now fills your being. You know, before you even ask. The bubbles created by your questions and divisions become meaningless. Playfully, you pop them, resolving each meaningless conflict. Everything created in the physical universe has an opposite that, like Lego building blocks, can be disassembled and reassembled to create something new. You realize that language and words are the same way. Any statement carries its own opposite because it was created on the physical plane. Suddenly, you realize that all of creation is a training place to learn to create. Now you are going to graduate, and that time of learning opposites is over. That is why the mind has to be in a "knowing state" to transcend.

In this place, it is impossible to see yourself as anything other than what you really are. You can't run away from a secret or an incident. "No matter where you go, there you are," has true meaning here. Everything here is instantly manifest and resolved to its conclusion. There's no longer any desire to create a question because you already see the result. In fact, from here you can see the infinite over the horizon. Your being is a steady state of bliss, having so bravely remained at this level to see through the grounding of every division.

Focus Level 46

Color: rose. Geometry: a vertical plane where it is possible to descend or ascend energy from other levels. F46 is a healing level where conflicting energy is neutralized. It allows access to programming the body with whatever ability you want. It allows communication and portals between levels. F46 is a love state, where spirit can dissolve ego to reveal truth, growth, and understanding. It also allows communication through portals to other levels.



One makes transmutational contact with guides and higher aspects of oneself. This level is the realization that the reintegration and healing of self from all levels is complete. Awareness of lost parts of the self from the lower level is brought here where they melt together in the radiance of being. You have the ability to see into the unconscious, the unaware, and the sleeping aspects of yourself. Even the smallest voice that is unheard and ignored has a presence and a voice here. The realization of the fullness of personality and the total integration of all opposites. This is when the final quest begins for the reintegration and healing of the lower level self. All of the quests conclude at this level.

As you have gathered all the parts of your being, you have resolved the ego and the unconscious. So when you examine yourself, the inside and the outside reality become the same. This process of having an experience, reflection, balance, guidance, healing, acceptance, mastery, and transcending is very clear. This has been going on your entire life to help you learn and to recover your memories and those lost parts of yourself. These parts were never lost. You stretched this part out to discover that now you see the strings that connect everything together. Now that you experience yourself in a state of pure energy, it is easy to follow these strings and recover the last parts of your being.

Session 3 SHE 11:41

You're aware of many of these levels. Level 46 is a place of pure energy. We have no identity. And yet we have all identities.

Session 9 SHE 09:49

"There are guides for every person. We have all split in many ways And yet we must all come back together before this phase is over. And the guides who have gone a little further. That's not a good word either because it's all the same distance or progress is not relative on my plane. But we must all reach a point where we can come back together. And my purpose now is to gather up the other parts of myself."

Focus Level 47

Color green, Geometry: Vertical descending. F47 is closely tied to the next level. The predominant feeling is tranquility, a sense of inner peace and awareness of the love consciousness.

Session 14 SHE 45:31

"I have transcended to another level now. Thank you, it is very nice for me. How are you experiencing your transition, that potential at this point to bring into harmony all of the physical forces that have caused you much pain. You must remember that it is a pulsing that carries you through. It is important for you to experience both sides of the pulsing. It is very different for me now. Words become very inadequate. But there is a greater recognition of the work I have before me and the work that I have done. I feel as if I have more understanding of where it is I must work. I am working at this point and achieving a greater harmony within the consciousnesses that make up my particular being. I had started working on this before I crossed but I had not understood the full scope of what it was I had to do. Sometimes it seems like a lot but I know that it will be accomplished. There has also come to this what I would call a gentle sadness with the crossing. And I know that will become modified as I adjust to the changes. Mine is a world that experiences much differently and I do not have a body. I am almost as light and before I made the transition mine was a world that vibrated in etheric light and beautiful color. I feel very close to tears which is not possible for me to experience and I cannot clearly put into words what it is. I pledge now my world is very different. Perhaps it is as if you were to have to leave your mountains and to know that you would never experience them again."

Bob Monroe 50:30

Yes.

SHE 50:34

I am sure as I grow and understand more of this level I will find much to replace it. It is very beautiful here and I have more awareness of the spiraling effect of consciousness throughout the universe.



Focus Level 48

Color purple, Geometry: Ascending ellipse. Allows transcending to higher levels. Closely associated with F47.

“A sea of I-There Clusters.” You have reclaimed, remembered, and integrated all the parts of yourself. All of the past and future memories associated with distant energy systems are awakened and present. What is experienced outside is experienced inside as the barrier between the two resolves. You have spread your being to enfold the entirety of creation. It resolves to energy within your awareness, so you know the sparrow and the great wall at the edge of the universe.

You are aware of all of your parts, and they all exist here with you now in the present moment. There is the explorer part that is reading this, creating and becoming aware of this in the mind. There is the actual spiritual part that is making, or has already made, the journey. There is the part that is inside the physical creation that has found all the other parts. There is awareness here that has found the "sea of I-there clusters." You are aware of them all and can see them in their roles. You have already transcended, but we are showing you this so you can understand it from your perspective. All of this is the multidimensional you. All of it has happened, will happen, and is happening now. You exist and your life exists. You are so proficient that you create a new reality after each time you awaken from a rest. Each day, you dream into existence the world that you experience. You bring us here, to this final place to say goodbye.



The Elevator

There is a meditation called the "Elevator" that allows access to all the focus levels very quickly. Once you have calmed yourself at F10 or F12, face a wall and open the elevator door by pressing the call button on the wall. Enter the elevator and press the button for the focus level you wish to visit. Do not be surprised if other entities are using the elevator too. Press the button for F49. Reach into your pocket and pull out a small round key. It is the elevator override key. Insert the key into the lower right key slot at the bottom of the button panel. When the door opens at F49, turn the key. You will see all the



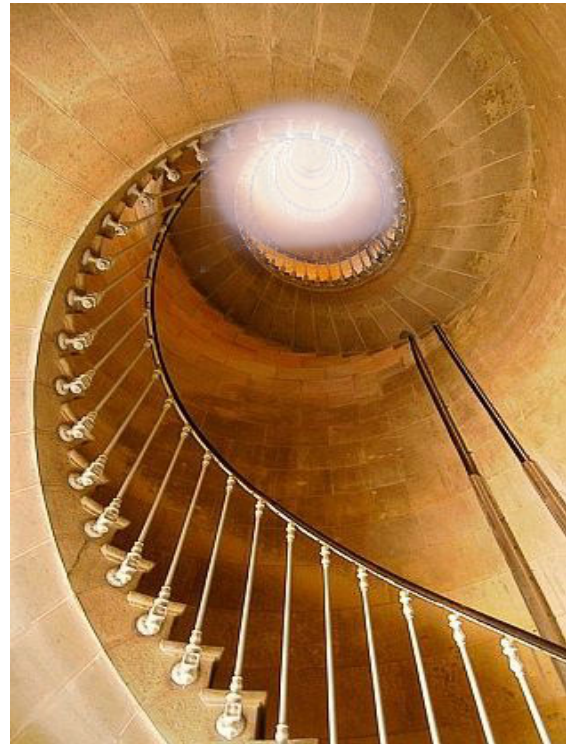
buttons light up for every floor. You can look down the elevator shaft through the transparent inspection hatch in the floor. What you see are all the elevator doors open to the floors below. There is a rushing sound as air moves into the elevator shaft. Soon you will see a flow of colored water running into the elevator shaft from this level. The water is flowing at a gentle and steady pace, swirling as it drains from the elevator door into the shaft. The feeling is tingly and similar to standing next to a waterfall.

You become aware that you have the ability to see all the levels below you, as though everything is transparent yet solidly divided into layers and levels. You can instantly be at any level in the tower. In fact, now that you focus, you can see an image of yourself standing at the elevator door of each focus level. The elevator door is open and water of a different color is flowing from every level. You are here at F49 and at every level, all the

way to F1. The multicolored water is blending and flowing into physical reality at F1. It flows with the gifts of each level. It is a giddy and playful mastery of life, peaceful tranquility, healing, coherent understanding, accurate self-reflection, and an observer's view of a realistic loving response to the world. You feel you are flowing this reality into existence because you are the connection between what you create out there and what is experienced in the present moment in the physical world.

Focus Level 49

Color white, Geometry: Circle. This level is a full circle because it is at the edge of groups of seven resonant colors levels. This is a wholeness state. You feel complete. It is at the edge of the egg shell and it is difficult to pass through without being a whole energetic being with all its component gifts. All opposites are resolved as gifts that hold and maintain our energy. This is the final transition area for this type of existence. This level pulses light that radiates out to touch all the other focus levels below it, and it reaches into the group of 49 focus levels above it. Now there is a total understanding of being oneness and occupying oneness. A sense of oneness with oneself, the universe, and the energy of consciousness. Conflict cannot exist because everything is one. There is nothing else to oppose. All is absorbed and accepted without judgment of measure or resistance from the previous levels.



From this level, it is possible to explore forms of dimensional shifting. Mastery at this level strengthens the energetic pathway between the centers of planetary energy and solar, galactic, and super-galactic energies. At this level, you are able to move into collective states emphasizing integration, connection, and conscious creative expression. From here, you can continue to learn about stargates, the galactic center, and to "surf" the various energetic pathways and flows that are coming into being in the physical universe. We are not only more than our physical bodies; we are more than all of physical creation.

Transitioning past Level 49 should be the same as any other white level. As you approach it, you should be able to see what is beyond it. While I realize it is comforting to think that F49 is the ultimate crossing into the unknown, you have already made the crossing. You did it when you were born into the physical world. When you realized you had a body and you were not a plant, then an animal, then when you realized you were not a human, you realized that death was a transition to shed the physical nature. You saw the outside and experienced a different world, like a fish out of water. You had to change and adapt to realize you were a spirit. You have completed your mission with ambition and ideas. You moved on past F28. Only to discover you missed being physical. You kept reflecting on the physical because the transition to being so large and outside of the physical plane was so different. You met others descending into the physical plane. You experienced the gathering where many are watching the physical plane and also the earth's changes. Yes, the physical is fascinating. That is what it does; it fascinates.

When you stretched to occupy every particle of space-time, you realized how meaningless the words "up," "down," "today," and "yesterday" were. You now have total memory and can recall any event, not because you have to remember it, but because the knowledge of the event is within you. You can simply relive the event to experience it again and see it from a new perspective. It is time for a decision. You are fully integrated. Will you return to the physical plane in this form to see it all again

with your memories intact, or will you move on? Your shell is strong and you are worthy of retaining so much love and quality of life. I have left my copy here for you to follow and guide you back. I am moving on this time to visit my friends. Maybe I can tell you about the levels above F49.

Comments on the end of the Miranon Material

For me, the best takeaway from the focus levels is the opportunity, every day, to see things from a different perspective. Since we started reviewing the focus levels, we have looked at them from many perspectives. For example, the observer who watches life as if it were a movie. The focus levels allow me to take a moment to reflect on how this change in perspective is something that happens to broaden awareness and increase the capacity to empathize and love. In meditations, we use the focus levels to have a certain kind of experience. I see now that they have a much deeper and broader application. By changing perspective, many ideas that are within us can be revealed. When mathematicians change their perspective, they can reveal truths by looking at what is known and projecting forward. By taking a slightly different perspective on a problem, new solutions may be tested. Often, a change in perspective reveals the simplicity of how a principle actually works. Einstein did thought experiments where he rode a wave of light. That sort of imagination is what every advance in physics and certainly every advance in mathematics requires you to have.

When viewed in groups of seven resonant colors, the focus levels allow for the formation of a bubble of reality in which new conditions or the release of limitations can be explored. New information can flow by removing a constraint. This is a method for thinking creatively and transcendently. The resonant color groups of seven resonant color levels can be considered a method to process an idea. It is fertile ground on which to plant an idea and go through the motions of taking that idea into your being and knowing it. Knowing is more than experience, reflection, analysis, coaching, demonstrating, and mastery. "Knowing" is "being" the information. Having this understanding and ability is the next evolution in consciousness required to move into even higher planes of consciousness.

I keep in mind what Bob said: "How does this impact mankind physically?" The focus levels and, in groups of seven resonant colors, provide a method for consciously raising the brain's frequency. Through entrainment using sound science and meditative practice, awareness of new ways of responding to the environment becomes available. The first 21 focus levels provide access to ways of understanding and accepting the life lessons we encounter. Levels F21 to F27 are concerned with understanding belief systems and revealing the hidden unconscious parts of our psyche. Focus 27 is primarily concerned with comprehending the completion of lessons begun on the physical plane. Levels F28 to F49 are larger organizations of thought, such as a collective consciousness. Each level above F28 introduces larger scales of thought, further removing the explorer from tangible reality. The metaphor for this is being stranded on a raft in the middle of the ocean. The focus levels above F49 are a reflection of the focus levels below F49. The upper perspective is from consciousness peering in and making observations on the lower 49 levels of consciousness. The purpose of these higher levels is to train the explorer to understand and recognize energy that is not of the physical plane.

I wish you well on your journey. If you would like to contact me and share your comments or experiences I would enjoy hearing from you. Contact me by email at danielerickson@yahoo.com